

# A Guide for Patients Beginning Buprenorphine Treatment

Before you begin you want to feel sick from your withdrawal symptoms

It should be at least ...

- **12 hours** since you used heroin/or pain pills
- **16 hours** since you last used fentanyl
- 48-72 hours since you used methadone
- If you used more than one drug, use the longest wait time before starting buprenorphine.

You should feel at least four of these symptoms ...

- Restlessness
- Frequent yawning
- Enlarged pupils
- Runny nose/eyes
- Body aches
- Tremors/twitching
- Chills or sweating
- Anxious or irritable
- Goose bumps
- Stomach cramps, nausea, vomiting or diarrhea

Once you are ready, follow these instructions to start the medication

## DAY 1: 8-24 mg of buprenorphine

### Step 1.

Take the first dose

**4 to 8 mg**

Wait 45 minutes

**45 minutes**

- Put the tablet or strip under your tongue
- Keep it there until fully dissolved (about 15 min.)
- Do NOT eat, drink or smoke 15 min before
- Do NOT swallow the medicine

### Step 2.

Still feel sick?  
Take next dose

**4 to 8 mg**

Wait 6 hours

**6 hours**

- **You may need up to 24mg to manage withdrawal on day 1.**
- **Most will do well with 16mg**

### Step 3.

Still uncomfortable?  
Take last dose

**4 to 8 mg**

Stop

**Stop**

- Stop after this dose
- Do not exceed 24mg on Day 1

## DAY 2: 8 to 16 mg of buprenorphine

Take 8 to 16 mg dose

**8 to 16 mg**

- If you took 16mg or more on day 1 take a total of 16mg
- If you took less than 16mg and felt well take that dose.
- If you have questions or troubles follow up with the clinical team.

Contact the clinic or emergency number given to you if your symptoms get worse.