

ABOUT BUPRENORPHINE

Buprenorphine (also called Suboxone®

is medicine for people who have chronic pain or addiction to opioids (heroin or pain pills).

Buprenorphine helps get rid of cravings and withdrawal, without making you feel high.



People live longer and have fewer overdoses when they take buprenorphine.

Taking buprenorphine is not substituting one drug for another— it is a medicine that you may need to stay healthy.



WAIT UNTIL YOU WITHDRAWAL

You can only start buprenorphine once you feel at least 3 of these:

- twitching, tremors, or shaking
- joint and bone aches
- anxious or irritable
- stomach cramps, nausea, vomiting, or diarrhea
- bad chills or sweating



AND WAIT UNTIL IT HAS BEEN AT LEAST...

- 12 hours since you used heroin, fentanyl, or snorted pain pills
- 16 hours since you swallowed pain pills
- 5 days since you took methadone (if your dose was 40 mg or less)

HOW TO TAKE BUPRENORPHINE

Buprenorphine or Suboxone, whether the pill or film, must be dissolved under the tongue for 10 minutes.



DO NOT SWALLOW OR CHEW the buprenorphine, because it will not work.

You should start to feel the effects of the buprenorphine within 30 minutes

Day 1

STEP 1

Cut one film (8 mg) in half



STEP 2

This half is 4 mg. Put this under your tongue (do not swallow) and wait 1 hour



STEP 3

Feel better? Good! You're done for today. Your dose was 4 mg. If you still feel sick after 1 hour, take another 4 mg and wait 1 hour.



YOU'RE DONE FOR TODAY

If you made it to Step 3, your dose was 12 mg.

Day 2

BASED ON DAY 1 DOSE

IF YOUR DOSE WAS 4 MG OR 8 MG ON DAY 1...

1. Take 1 full film (8 mg). Wait 4 hours



2. If you still feel bad, you can take one half of a film (4 mg), for a total of 12 mg today



IF YOUR DOSE WAS 12 MG ON DAY 1...

Take 2 full films (16 mg)



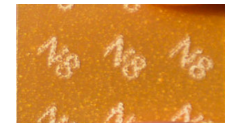
Day 3

Until Follow Up

BASED ON DAY 2 DOSE

IF YOU TOOK 8 MG

Continue taking 1 full film (8 mg) every day.



IF YOU TOOK 12 OR 16 MG

Take 2 films (16 mg) every day

