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|  **A Guide for Patients Beginning Buprenorphine Treatment at Home** **Before you begin you want to feel very sick from your withdrawal symptoms** |
| It should be at least . . . You should feel at least three of these symptoms . . .* **12 hours** since you used heroin/fentanyl • Restlessness • Body aches • Goose pimples
* **12 hours** since snorted pain pills (Oxycontin) • Heavy yawning • Tremors/twitching • Stomach cramps, nausea,
* **16 hours** since you swallowed pain pills • Enlarged pupils • Chills or sweating vomiting or diarrhea
* **48-72 hours** since you used methadone • Runny nose • Anxious or irritable
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| **Once you are ready, follow these instructions to start the medication** |
| **DAY 1:****8-12mg of buprenorphine**Most people feel better the first day after 8-12mg. (Dosing depends on how early on the first day you started) |  | **DAY 2:****up to 16mg of buprenorphine** |
| **Step 1**.Take the Wait 45first dose minutes**45****4mg minutes*** Put the tablet or strip under your tongue
* Keep it there until fully dissolved (about 15 min.)
* Do NOT eat or drink at this time
* Do NOT swallow the medicine
 | **Step 2.**Still feel sick? Wait 6Take next dose hours**6****4mg hours**Most people feel better after two doses = 8mg | **Step 3.**Still Stopuncomfortable?Take last dose**4mg Stop*** Stop after this dose
* Do not exceed 12mg on Day 1
 | **Take up to a 16mg dose**Most people feel better with up to a 16mg dose**16mg**Repeat this dose until your next follow-up appointment |
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| If you develop worsening symptoms while starting buprenorphine before your scheduled outpatient appointment return to the emergency department |

*Note: This is a modified version of a NIDA guidance document*

