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 . . .

- **12 hours** since you used heroin
- **12 hours** since snorted pain pills (Oxycontin)
- **16 hours** since you swallowed pain pills
- **48-72 hours** since you used methadone/Fentanyl

You should feel at least three of these symptoms, including at least one **bold and underlined**, see below:

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

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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)

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Step 2</th>
<th>Step 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Take the first dose</strong></td>
<td><strong>Still feel sick? Take next dose</strong></td>
<td><strong>Stop</strong></td>
</tr>
<tr>
<td>4mg</td>
<td>4mg</td>
<td>Stop</td>
</tr>
<tr>
<td><strong>Wait 1 hour</strong></td>
<td><strong>Wait 3 hours</strong></td>
<td><strong>Stop after this dose</strong></td>
</tr>
</tbody>
</table>

- 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

Most people feel better after two doses = 8mg

**DAY 2:**

- **Max 16mg of buprenorphine**

<table>
<thead>
<tr>
<th>Step 1</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Take full dose taken on day 1 as a one time dose on day 2</strong></td>
<td><strong>Still uncomfortable? Take last dose</strong></td>
<td><strong>Stop</strong></td>
</tr>
<tr>
<td></td>
<td>4mg</td>
<td>Stop</td>
</tr>
<tr>
<td></td>
<td><strong>Wait 3 hours</strong></td>
<td><strong>Do not exceed 16mg on day 2</strong></td>
</tr>
</tbody>
</table>

- Still uncomfortable? Take last dose
- Stop

Most people feel better after two doses = 8mg

- Do not exceed 12mg on Day 1
- Do not exceed 16mg on day 2
- Repeat this dose until your next appointment

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If you develop worsening symptoms when starting buprenorphine before your scheduled appointment call Choosing Change at 925-608-5222 Mon - Fri 8:00am-5:00pm, For urgent needs after hours call 911