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

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

- 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

If you develop worsening symptoms while starting buprenorphine before your scheduled outpatient appointment return to the emergency department

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>
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</thead>
<tbody>
<tr>
<td>Take the first dose</td>
<td>Still feel sick? Take next dose</td>
<td>Stop</td>
</tr>
<tr>
<td>4mg</td>
<td>4mg</td>
<td>Stop after this dose</td>
</tr>
<tr>
<td>Wait 45 minutes</td>
<td>Wait 6 hours</td>
<td>Stop if uncomfortable</td>
</tr>
<tr>
<td>45 minutes</td>
<td>6 hours</td>
<td>Do not exceed 12mg on Day 1</td>
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</tbody>
</table>

- Most people feel better after two doses = 8mg
- 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

**DAY 2:**
16mg of buprenorphine

Take one 16mg dose

Most people feel better with a 16mg dose

Repeat this dose until your next follow-up appointment

If you develop worsening symptoms while starting buprenorphine before your scheduled outpatient appointment return to the emergency department.