

STARTING BUPRENORPHINE (“Bupe” or “Suboxone”)

Congratulations on starting treatment!

WHAT TO START WITH?

- ✓ 4 Buprenorphine (Bupe) pills or films (8 mg)
 (**There are many different brand names and generic forms of Bupe. Some are shown below.)



- 6 Ibuprofen pills (200 mg) – for body pain, take 1-2 pills every 8 hours as needed
- 6 Clonidine pills (0.1 mg) – for anxiety, take 1 pill every 8 hours as needed
- 6 Imodium pills (2.0 mg) – for diarrhea, take 1 pill after each episode of diarrhea. Max 6 pills per day

WHEN AM I READY TO START BUPE?

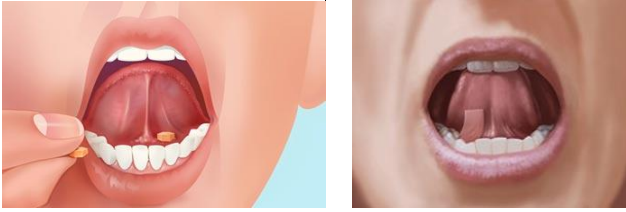
- ✓ Use the list of symptoms below to see when you are ready to start Bupe.
- ✓ Wait until you have **at least 5 symptoms** to start Bupe. If you don’t have 5 symptoms, wait a bit longer and review the symptoms again. It is very important that you wait until you feel at least 5 symptoms before starting Bupe! To be sure that you are ready to start, it’s best to have at least 1 of the 5 symptoms in the grey shaded area.

Symptoms	Do I have this?
I feel like yawning	<input type="checkbox"/> Yes
My nose is running	<input type="checkbox"/> Yes
I have goose bumps	<input type="checkbox"/> Yes
My muscles twitch	<input type="checkbox"/> Yes
My bones & muscles ache	<input type="checkbox"/> Yes
I have hot flashes	<input type="checkbox"/> Yes
I’m sweating	<input type="checkbox"/> Yes
I feel unable to sit still	<input type="checkbox"/> Yes
I am shaking	<input type="checkbox"/> Yes
I feel nauseous	<input type="checkbox"/> Yes
I feel like vomiting	<input type="checkbox"/> Yes
I have cramps in my stomach	<input type="checkbox"/> Yes
I feel like using	<input type="checkbox"/> Yes

THINGS NOT TO DO WITH BUPE

- ✗ DON’T use Bupe when you are high—it will make you dope sick!
- ✗ DON’T use Bupe with alcohol –this combination is **not safe**.
- ✗ DON’T use Bupe with benzos (like Xanax (“sticks”), Klonopin, Valium, Ativan) unless prescribed by a doctor who knows you are taking Bupe.
- ✗ DON’T use Bupe if you are taking pain killers until you talk to your doctor.
- ✗ DON’T use Bupe if you are taking more than 60 mg of methadone.
- ✗ DON’T swallow Bupe – it gets into your body by melting under your tongue.
- ✗ DON’T lose your Bupe – it can’t be refilled early.

HOW TO TAKE BUPE



- ✓ **Before** taking Bupe, drink some water.
- ✓ Put Bupe under your tongue.
- ✓ Don't eat or drink anything until the Bupe has dissolved **completely**.

PLAN

- Use your last heroin / methadone / pain pill: _____
- When you have at least 5 symptoms from the list, then you are ready to start.
- Start with _____ pill or film under your tongue.
- Wait _____ minutes.
- If you feel the same or just a little better, then take another _____ pill or film
- Wait 2 hours – if you still feel sick or uncomfortable, take another _____ pill or film.

PROBLEMS? QUESTIONS?

- Call _____ at _____.
- Call _____ if you still feel sick after taking a total of _____ pills or film (_____ mg).

NEXT STEPS

- Appointment with _____ at _____
- Appointment with Dr. _____ at _____

WHAT I TOOK

	Time	Amount of pills or films
Day 1	_____ am / pm	_____
	_____ am / pm	_____
	_____ am / pm	_____
	_____ am / pm	_____
Day 2	_____ am / pm	_____
	_____ am / pm	_____
	_____ am / pm	_____
	_____ am / pm	_____
Day 3	_____ am / pm	_____
	_____ am / pm	_____
	_____ am / pm	_____