

STARTING SUBOXONE AT HOME

Day 1:

Use the **Subjective Opioid Withdrawal Scale** ([SOWS-click to open](#)) to check on your withdrawal symptoms.

- Once your SOWS score is 17 or higher, you can take your first dose of Suboxone.
- Start with 4 mg (split 8-2 mg film in half).
- Wait 1 hour. If withdrawal symptoms are still present, take the second half of the film.
- Wait 1 to 2 hours. If symptoms persist, take another half of film (2 mg).
- Wait 1 to 2 hours. If symptoms still persist, take another half of film (2 mg).
- If symptoms still persist, contact the on-call physician at 517-364-5710. **Maximum dose on day 1 = 16 mg.**

Day 2:

Take the total amount of Suboxone that you took on Day 1 today.

(For example, if you took a total of 12-3 mg on Day 1, take this full dose today. You can split the dose to take 8-2 mg in the morning and 4-1 mg in the evening if desired).

Day 3:

Take the same amount of Suboxone today that you took on Day 2.

Day 4 and beyond:

Take the same amount of Suboxone today that you took yesterday. Someone from our office will reach out to you via phone to check in on you.