

# 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.

## 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