## Buprenorphine-naloxone (Suboxone®, Subutex®, etc. ) Home Induction Instructions:

**Do NOT start buprenorphine/naloxone until you are moderately sick with withdrawal symptoms.**

*Starting too soon will cause severe withdrawal.*

* You were given buprenorphine or buprenorphine-naloxone 8-2mg tablets or films.
* Stop all opioids for 12-24 hours *(longer is required for methadone & long acting opioids – ask your doctor if you are unsure how long to wait-* ***72 hours minimum for methadone****)*. Once you are feeling significant withdrawal, it should be safe to start.
* **To take buprenorphine, let it dissolve under your tongue for 15-20 minutes**. Do not talk, eat, or drink during that time. **Do not swallow the tab or film.**
* If your first dose makes you feel worse and not better: do one of the following
  + Take 16mg (2 8mg tabs or films) under the tongue immediately. Call the office or go to the emergency room if you need assistance.
  + **OR** WAIT 4-6 hours prior to trying it again and call the office or go to the emergency room if you need assistance.
* Below are instructions for how to start buprenorphine or buprenorphine-naloxone

**Day 1:**

* Start with ¼ tablet/film (2mg). Let it dissolve under your tongue. You should feel an effect in about 20 minutes.
* Wait 1 hour.
* If not feeling worse take an additional ¼ tab/film.
* Wait 1 hour
* Take ½ tab/film (4mg)
* Wait 2-4 hours.
* Take ½ tab/film
* Prior to bed, take last ½ tab/film (to equal a total of two 8mg tablets/films).

**DO NOT EXCEED 2 tablets (16mg); this is the maximum daily dose to start.**

**Day 2:**

Take 8mg in the morning and 8mg in the evening.

**If you have any questions or concerns, please call our office. If you feel you need urgent medical attention, please go to the emergency room.**

**Reminders before you start your home induction:**

*It is not safe to mix buprenorphine and benzodiazepines (the class of drugs that includes Valium, Klonopin, Xanax, or Ativan, etc.) or alcohol. The combination of alcohol, sedatives, and/or opioid medications can cause you to stop breathing. Please talk with your provider if you are currently using alcohol or sedatives so you can be counseled about how to take your treatment medication.*

**Common signs that you are ready to take buprenorphine are when you have several of the following withdrawal symptoms:**

* **Anxiety**
* **Restlessness**
* **Aches**
* **Nausea**
* **Chills**

**You do not need to wait until you are vomiting to start the medication. If you have severe vomiting/diarrhea, dehydration, or dizziness and are unable to safely start your medication at home, please go to the emergency room.**