

Neighborcare Health
How to start buprenorphine/Suboxone

- Stop all opiates (like heroin/black, oxycodone) for 18-24 hours
 - If you've taken methadone, tell us! You need to wait longer after methadone
- Starting bupe/Suboxone too early can make you very sick
- **Only start bupe/Suboxone AFTER you are moderately sick with withdrawal symptoms:**



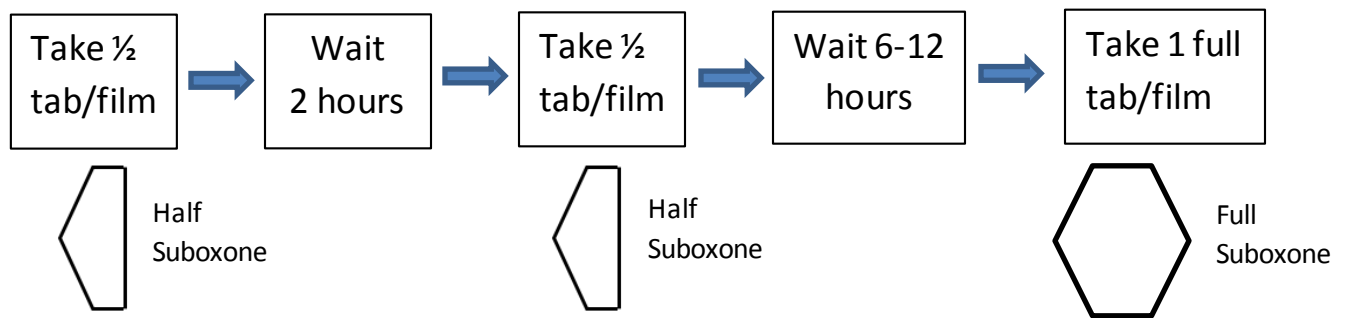
• Yawning	• Can't sit still	• Runny nose
• Large pupils	• Anxiety or irritability	• Goose bumps
• Sweating	• Nausea/ upset stomach	• Fast heart beat
• Body pain	• Loose stools	

In general:

- Don't smoke, chew tobacco, or vape nicotine 15 mins before or after taking Suboxone
- Take a sip of water to wet your mouth **before** Suboxone, but not while it's dissolving
- **DISSOLVE** tablet or film under tongue, **don't** chew or swallow

Day 1 (when in withdrawal):

- Dissolve **HALF** tablet or film (1st half) under tongue
- **WAIT 2 hours**, THEN if feeling better or ok, take another **HALF** tablet or film (2nd half)
- **WAIT 6-12 hours**, THEN if feeling better or ok, take another **WHOLE** tablet or film
- If you have **worse withdrawal** after a bupe dose, **wait 4-8 hours and start over**



Day 2-7:

- Take **1 FULL** tablet/film in the **morning** and **1 FULL** tablet/film in the **evening**
- Come back to see us!

Your next appointment: _____

How to contact us: _____