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| **A Guide for Patients Beginning Buprenorphine Treatment at Home**  **Before you begin you want to feel very sick from your withdrawal symptoms** | | | | |
| It should be at least . . . You should feel at least three of these symptoms . . .   * **12 hours** since you used heroin/fentanyl • Restlessness • Body aches • Goose pimples * **12 hours** since snorted pain pills (Oxycontin) • Heavy yawning • Tremors/twitching • Stomach cramps, nausea, * **16 hours** since you swallowed pain pills • Enlarged pupils • Chills or sweating vomiting or diarrhea * **48-72 hours** since you used methadone • Runny nose • Anxious or irritable | | | | |
| **Once you are ready, follow these instructions to start the medication** | | | | |
| **DAY 1:**  **8-12mg of buprenorphine**  Most people feel better the first day after 8-12mg. (Dosing depends on how early on the first day you started) | | |  | **DAY 2:**  **up to 16mg of buprenorphine** |
| **Step 1**.  Take the Wait 45  first dose minutes  **45**  **4mg minutes**   * Put the tablet or strip under your tongue * Keep it there until fully dissolved (about 15 min.) * Do NOT eat or drink at this time * Do NOT swallow the medicine | **Step 2.**  Still feel sick? Wait 6  Take next dose hours  **6**  **4mg hours**  Most people feel better after two doses = 8mg | **Step 3.**  Still Stop  uncomfortable?  Take last dose  **4mg Stop**   * Stop after this dose * Do not exceed 12mg on Day 1 | **Take up to a 16mg dose**  Most people feel better with up to a 16mg dose  **16mg**  Repeat this dose until your next follow-up appointment |
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| If you develop worsening symptoms while starting buprenorphine before your scheduled outpatient appointment return to the emergency department | | | | |

*Note: This is a modified version of a NIDA guidance document*

