

# Starting Buprenorphine

Congratulations on starting Bup! You have buprenorphine tabs or films (2, 4, or 8 mg). They should be taken **under the tongue, not swallowed**.

## When do I start?

You have to wait until you have enough withdrawal to start Bup, or Bup will CAUSE WORSE WITHDRAWAL.

**The more withdrawal you have, the better Bup works.**

Wait until you have at least 5 of the symptoms below. If you're not sure, WAIT LONGER. The longer you wait (and the more miserable you feel before taking Bup) the more satisfied you'll be with the effect. In general you should be more than 24 hours out from your last opioid dose.

**Wait until you have FIVE of these symptoms**

- |  |  |
|--|--|
| <input type="checkbox"/> I feel like yawning     | <input type="checkbox"/> I'm sweating                |
| <input type="checkbox"/> My nose is running      | <input type="checkbox"/> I feel unable to sit still  |
| <input type="checkbox"/> I have goose bumps      | <input type="checkbox"/> I am shaking                |
| <input type="checkbox"/> My muscles twitch       | <input type="checkbox"/> I feel nauseous             |
| <input type="checkbox"/> My bones & muscles ache | <input type="checkbox"/> I feel like vomiting        |
| <input type="checkbox"/> I have hot flashes      | <input type="checkbox"/> I have cramps in my stomach |

## Things NOT TO DO with Bup

DON'T use Bup when you are high—it will make you dope sick!

DON'T binge on alcohol or benzos (like Xanax ("sticks"), Klonopin, Valium, Ativan) while taking Bup—the combination could be dangerous.

DON'T use Bup if you are taking pain killers until you talk to your doctor.

DON'T swallow Bup – it gets into your body by melting under your tongue.

## How to take Bup

Before taking Bup, drink some water.

Put Bup under your tongue. Do not swallow it!

Bup won't work if it's swallowed.

Don't eat or drink anything until the Bup has dissolved completely (at least 10 minutes).

Start with 4 mg. If you're not sure if your withdrawal is bad enough, you can cut the pill/film and take a very small dose like 1 or 2 mg.

If your symptoms are WORSE after taking Bup, stop and seek help from an addiction center. You can always come back to the ER.

If your symptoms are BETTER after taking Bup but you are still uncomfortable from withdrawal after 2 hours, you can take another 4 mg. You can take 4 mg every 2 hours until you are comfortable, maximum 24 mg/day.

On day #2, take 8 mg in the morning and 8 mg in the evening. On days 3, 4 and beyond, take 16 mg in the morning. You should be seeing a Buprenorphine doctor within 1 week. Return to the ER if you need to.

