



## MAT Pre-Induction Instructions and Program Information

### Buprenorphine Pre-Induction Instructions and Medication Assisted Treatment Program Information

Your provider has referred you to Alliance Medical Center's Medication Assisted Treatment with Buprenorphine (Suboxone) Program. The pre-induction process is important for a safe and comfortable start of the medication.

Your induction date/time/ location \_\_\_\_\_.

You are coming off of (opioid) \_\_\_\_\_.

You will need to **STOP TAKING or USING all opioids** after \_\_\_\_\_(day)  
\_\_\_\_\_(time).

You are also required to abstain from all alcohol, benzodiazepines and illicit drugs. This is really important because combining benzos (Xanax, Atavan, Librium, Valium, etc), sedatives like Ambien or alcohol can cause respiratory depression and death. Consult with your PCP if you are prescribed these medications.

The reason you need to be in withdrawal from all opioids is that the opioid receptors in your brain and body will soon be occupied with the Buprenorphine. If there are still opioids in your system, there is a risk for an intense withdrawal, which can last for many hours and even days. *Getting all opioids out of your system is a way to prevent this.*

### On the day of your in-clinic induction

Please plan to be here for up to three hours.

We will require a Urine Drug Screen and will measure your opioid withdrawal symptoms.

For your comfort during your opioid withdrawal, your MD has prescribed:

\_\_\_\_\_ Imodium for diarrhea

\_\_\_\_\_ Clonidine for withdrawal symptoms

\_\_\_\_\_ Hydroxyzine for nausea, anxiety and sleep

\_\_\_\_\_ Gabapentin for withdrawal symptoms, anxiety and sleep

\_\_\_\_\_ Ibuprofen for aches and pain

\_\_\_\_\_ other



Please read the instructions for the proper doses on the bottles of these medications, as they will be ordered specific to your expected withdrawal.

#### **WHEN YOU ARE READY TO START BUPRENORPHINE**

- You will pick up your prescribed first dose of Buprenorphine from the pharmacy.
- You will then return to waiting room where your medical provider will expect to find you to start the medication phase of the induction process.
- Please do not open the bottle and do not take the medication. You will be taking the first two doses in the clinic once your Provider has determined that it is safe to start the Buprenorphine.

#### **SOME INITIAL COMMON SIDE EFFECTS**

Drowsiness, light-headedness, nausea, mild headache, urinary retention, constipation.

These are usually mild side effects and some people do not experience any at all.

Side effects such as sweating, constipation and muscle twitching might persist.

Let us know of any side effects that you are experiencing.

Please drink extra fluids, take ibuprofen or Tylenol for headache, stay in touch with your MAT team, keep your appointments and take care of yourself.

It is important that your provider knows about any side effects that you might be having.