

Day 1: Are You Ready?

Wait until other opioids are processed by your body and you are in withdrawal before starting buprenorphine. Only start taking buprenorphine once **both** of the following are true:



- 1. Timing:** Wait at least 12 hours since you last took heroin or pain pills (oxycodone, hydrocodone). Do not continue if you have recently taken methadone, as you will need to take your first dose in the clinic.

Time of last opioid dose: _____. **Time of first buprenorphine dose:** _____.



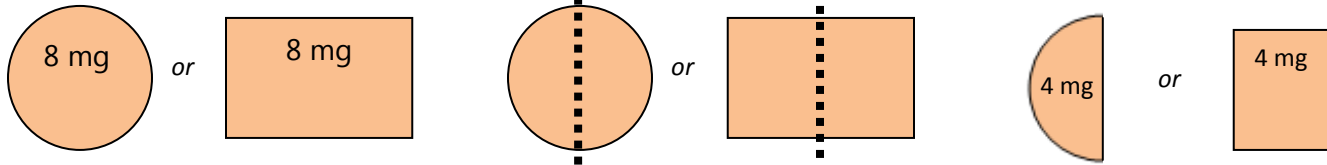
- 2. Symptoms:** You should have at least 3 of the following symptoms, showing that you are in withdrawal:

- Shaking or tremors
- Joint and bone aches
- Chills or sweating
- Anxiety or irritability
- Goosebumps
- Nausea or Vomiting
- Heavy yawning
- Enlarged pupils
- Diarrhea

Use the symptom management guide if you have been prescribed medications for withdrawal.

First Dose

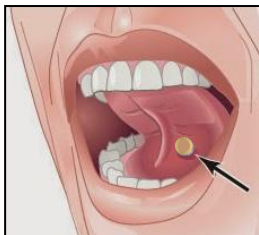
Your first dose should be 4 mg of buprenorphine, which is **half** of a tablet or film.



- 1.** Start with a full tablet or film
- 2.** Cut that tablet or film in half
- 3.** This is your first dose

Taking Your First Dose

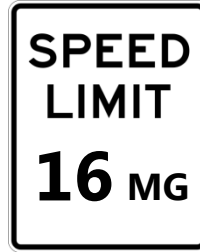
This medication only works when it is taken under the tongue in the following way:



- 1.** Put the first dose **under your tongue**. Do not swallow it—the medication won't work!
- 2.** Keep the medication there for **15 minutes**. Do not eat food or drink liquids for **30 minutes** afterwards.
- 3. Check in at 1 hour.** If you still feel bad, put the other half-tablet or half-film (4 mg) under your tongue.

For the Rest of Day 1

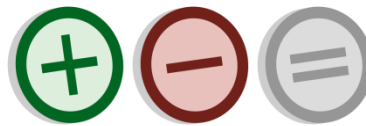
During the first day, keep checking in to see how you feel.



- 1. Check every 3 to 6 hours** to see how you feel. If you feel fine, don't take any more medications. If you have withdrawal, take another 4 mg (half-tablet or half-film) under your tongue.
- 2. Do not take more than 16 mg on the first day** of buprenorphine (2 full tablets or films). If you feel really bad (such as an ever worse withdrawal) after starting medications, go to the emergency department.
- 3. Note the following:**
How much medication did I take on Day 1? _____.
When is my next appointment at the Induction Clinic? _____.

Day 2 and Onward

Plan to take some medication every day. Do not wait until you are in withdrawal again to take medication on Day 2 and onward. You should be able to stay comfortable.



- 1. Check in when you wake up.** If you feel fine, take the same amount of medication that you took on the previous day. **If you don't feel well, you may need to change your dose.**
- 2. Changing your dose:** If you feel like you're in withdrawal, you may need a higher dose. If that's the case, take the amount you took the day before and add another 4 mg (half-tablet or half-film) to that dose. If you're too sleepy, lower your dose by 4 mg.
- 3. Do not take more than 24 mg of medication on any day** (3 full tablets or films). If you need more than 2 tablets or films daily or have a hard time getting comfortable, call our clinic for help at (510) 437-4915. If you feel very sick come to the Highland ED.

Come Back to Our Clinic

We want to check in with you at least once every week while you start medications to make sure that you are doing well. **Come back to Highland Hospital, K7C (7th floor of the K building), Buprenorphine Induction Clinic at:** _____. Call (510) 437-4915 to reschedule.