

Instructions for Buprenorphine Home Induction

Congratulations on your decision to improve your health and treat your opioid addiction with buprenorphine (also known by the names Suboxone, Subutex, and Bunavail). Here are some things you should know and do to prepare for the start of treatment:

1. If you are actively using opioids, you **MUST** be in withdrawal in order to begin treatment with buprenorphine. By being in withdrawal, it tells us that other opioids are out of your system and it is safe to begin treatment. If you are not in withdrawal and receive a dose of buprenorphine, there is a very good chance that you will experience something called precipitated withdrawal. This means that the buprenorphine will send you into immediate, and often severe, withdrawal. You know your body best – make sure your last use of opioids gives enough time for you to be in withdrawal by the time you arrive for your induction appointment.
2. If you are not actively using opioids and have not had a recent relapse, then you will be able to start buprenorphine treatment without worrying about a precipitated withdrawal. If you have had a recent relapse after time in recovery, then you should wait at least 48 hours before starting buprenorphine. If you recently relapsed with methadone, please let us know as you may have to wait longer before starting buprenorphine.
3. On the day you start buprenorphine, you should not drive, work, or perform any other activities that could be negatively impacted if you were to experience a side effect of the medication. The most common side effects of buprenorphine are sleepiness, nausea, and constipation. Most of the time, if you experience a side effect it will go away within a few days of taking the medication. If not, please let us know.
4. You will likely start on a low dose of buprenorphine and then gradually increase the dose until you no longer experience any opioid withdrawal symptoms (pill sickness) and your cravings are reduced. Your specific dosing plan is outlined below. **DO NOT** take more medication than instructed. If you do, you will run out of medication early and may then experience withdrawal from buprenorphine, a process that could be as severe as withdrawing from other opioids. Also, if you run out of medication early, you cannot get an early refill – you will have to wait until your next scheduled visit to get more medicine.
5. Once you reach the dose of medication that is right for you, you will have reached your maintenance, or regular, dose. It may take up to one week on the maintenance dose before you feel “normal” – no withdrawal symptoms and reduced cravings. Once you are stable on your maintenance dose, you will begin your behavioral therapy program.

6. If you have any questions about your medication, please call 865-934-6748 to speak with one of the clinic staff. If you feel you are having a severe reaction to the medication, go directly to the nearest emergency room or call 911.

Dosing Instructions:

Day 1 –

Day 2 –

Day 3 –

Day 4 –

Day 5 –

Day 6 –

Day 7 –

Next Appointment: