

Buprenorphine-naloxone (Suboxone) to help with opioid withdrawal

You should receive a supply of 28 tablets or films. Begin taking them once you are feeling seriously dope-sick / in opioid withdrawal. If you are no longer in withdrawal, but want to use this medication for opioid cravings, start by taking a ½ to one full tablet or film. Let the staff know on the third day how much you have been taking each day and when you need a refill.

HOW to take buprenorphine-naloxone?

To start- 3 steps:

1. If you have used another opiate recently, WAIT until you feel AT LEAST 3 of the following:



Yawning	Sweating or chills
Enlarged pupils	Restless/Can't sit still
Joint and bone aches	Anxiety, irritable, fast heart beat
Shaking or twitches	Bumpy skin (Gooseflesh)
Watery eyes/Runny Nose	Lost Appetite, Stomach cramps
Nausea, vomiting or Diarrhea	

- *These are known as withdrawal symptoms/ you might know them as being dope sick*
- *Before you start you should be about ½ way to the worst dope sickness you have had*
- *For many people this means 12 hours after heroin, or morphine, Vicodin, Norco or oxycodone.*
- *If you took a long acting like Oxycontin or MSContin it will likely take 16-24 hours*
- *Methadone is unpredictable and can take 24-72 hours*
- *Rely on what you feel*

2. Put the tablet / film under your tongue and let it dissolve [don't swallow, don't chew]



3. After 1 hour, **how are you feeling?**

- IF GOOD: nothing more to do
- IF still having the withdrawal symptoms or feeling worse:
put another tablet under your tongue

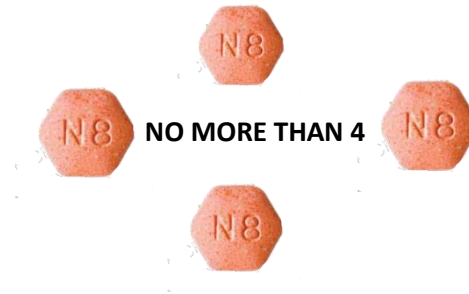
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Day 2:

- **IF you** feel good the next day, take the same number of total pills you took the day before
- **during the day:** if you feel withdrawal symptoms or feel cravings you can take another tablet under your tongue

Day 3:

- **IF you feel good,** you can take the same number of pills you took the day before or split it however you want throughout the day.
- **If you are taking LESS than 4 tablets AND** you have cravings later in the day, you can take yourself the 4th tablet whatever time of the day you want.



			
8mgs.	4mgs.	2mgs	

How to continue to get more medication:

Name of person	Organization	Address	How to contact