

How to Start Buprenorphine/naloxone at Home (Suboxone Induction)

Get into some withdrawal before starting buprenorphine

Heroin, oxycodone (Percocet), hydrocodone (Norco), morphine: don't use for 8-18 hours

Extended Release Oxycodone/morphine (Oxycontin, MS-Contin): don't take any for 24-36 hours

Methadone: don't use for at least 72 hours, be down to 20-30mg (maybe longer, ask your provider)

Waiting longer is better. If you take buprenorphine too soon, you can feel worse. You should feel better once starting.

You need at least 3 of the following feelings before taking your first buprenorphine dose*:



Yawning

Enlarged pupils

Joint and bone aches

Shaking or twitches

Watery eyes/Runny Nose

Nausea, vomiting or Diarrhea

Sweating or chills

Restless/Can't sit still

Anxiety, irritable, fast heart beat

Bumpy skin (Gooseflesh)

Lost Appetite, Stomach cramps

Buprenorphine Home Start Instructions (hydrocodone, short-acting oxycodone, heroin, etc)

Prescribe buprenorphine/naloxone 8/2mg tablets or films #14, PRN withdrawal meds are typically not needed but optional

Day One/First Dose: Don't use for 8-18 hours. When you feel bad*, Put 4 mg (1/2 tablet or film) under your tongue and keep it there until it dissolves (about 20 minutes). You should feel better soon. *If you swallow buprenorphine tablets they will not work.*

Second Dose: At 2 hours after your first dose, see how you feel.

If you feel fine, don't take any more. If you still have withdrawal, take another 4 mg dose.

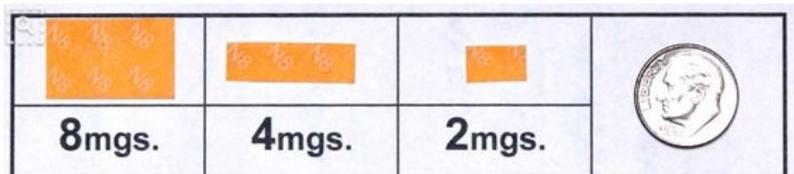
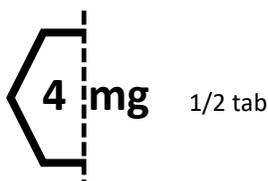
Do not take more than 8 mg (1 tab or film) of buprenorphine on Day One.

Day Two: Take one full tablet or film under the tongue. Wait 2 hours. If you still feel bad, take another 1/2 (daily dose is 12mg). If feeling ok, don't take more (8mg/day).

Two hours later, You may take a second 1/2 if you still feel bad (daily dose is 16mg).

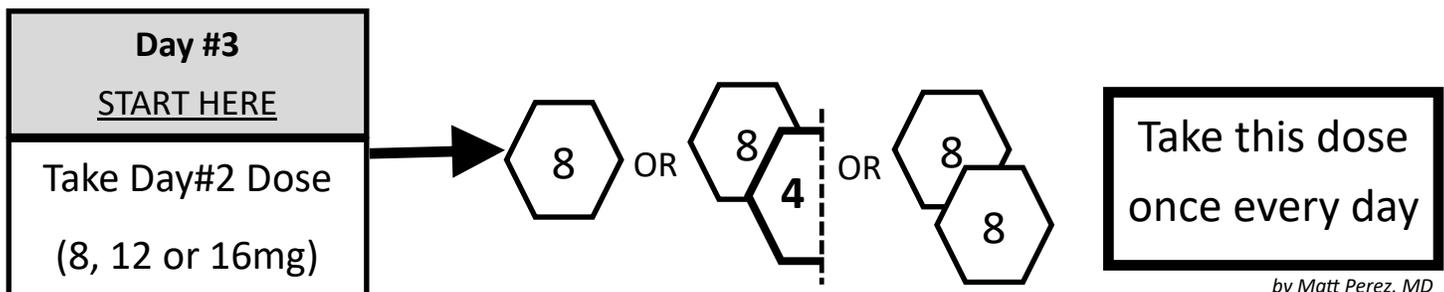
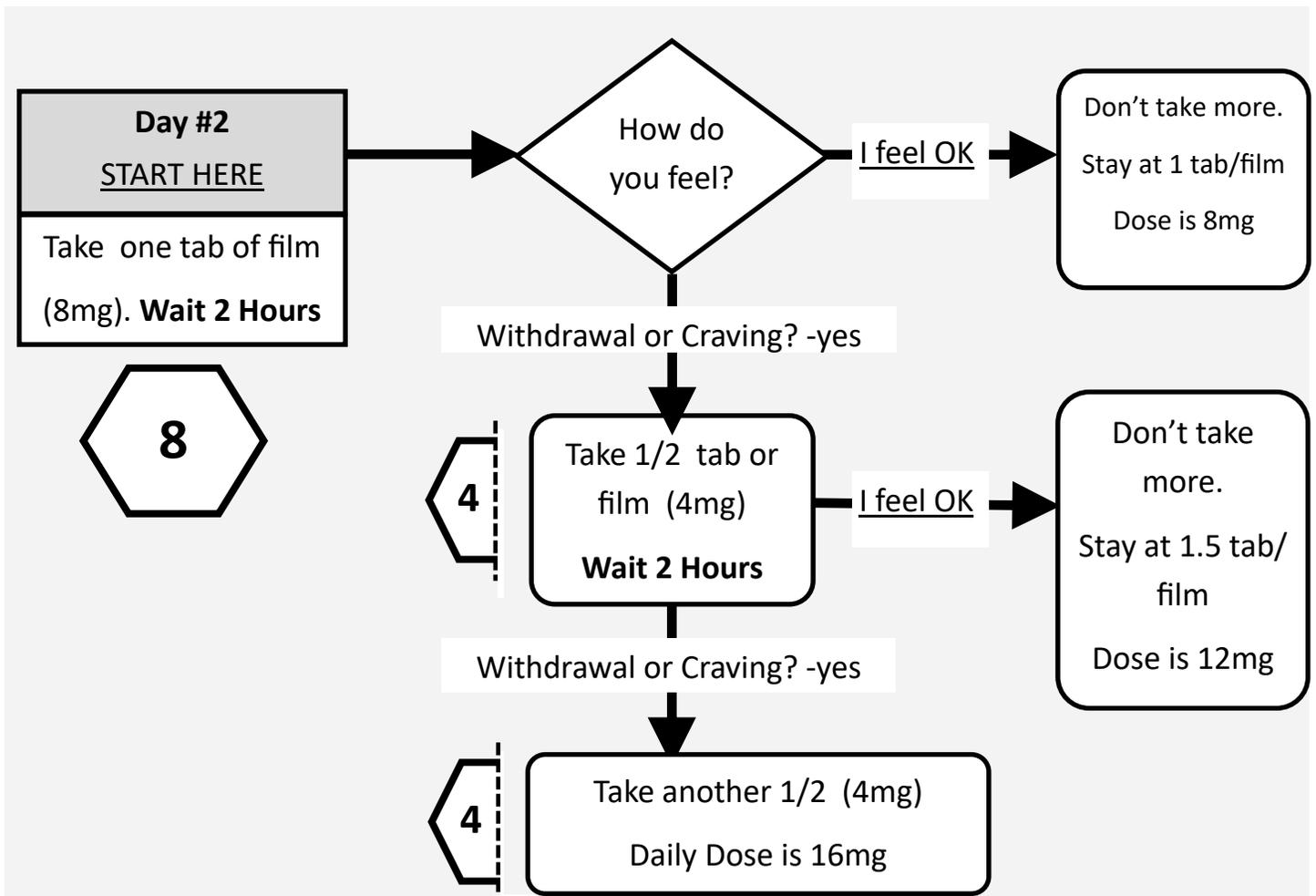
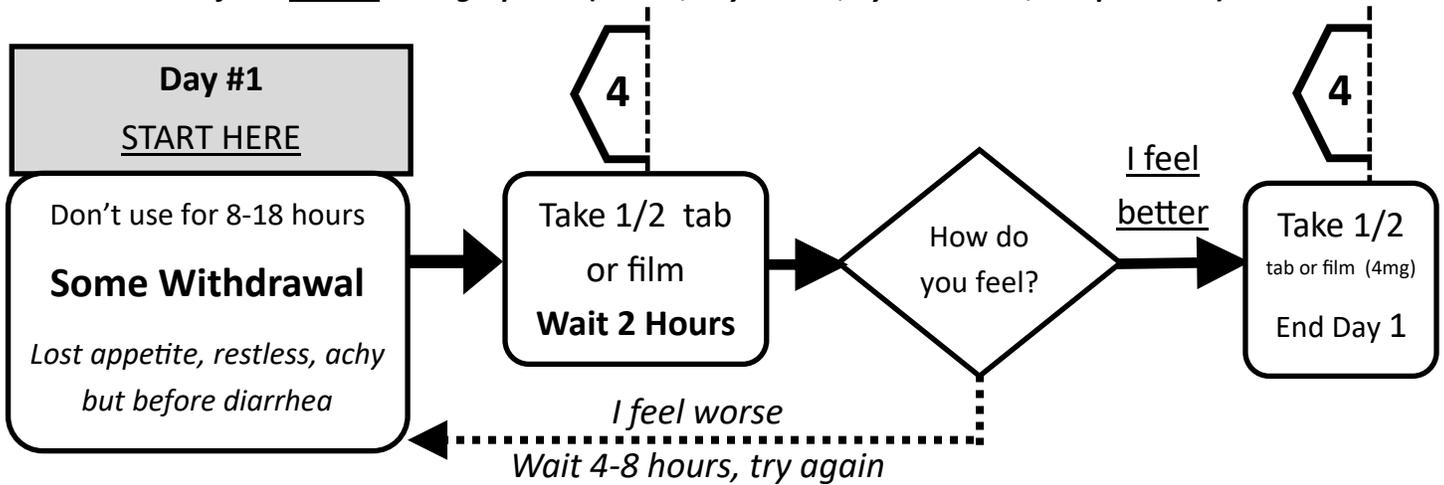
Day Three and until your next visit

Take Dose from Day two: 1 to 2 tab/film(s) under the tongue as a single dose first thing every morning.



How to Start Buprenorphine at Home

from SHORT-Acting Opioids (heroin, oxycodone, hydrocodone, morphine etc)



How to Start Buprenorphine/naloxone at Home Long Acting Opioids

Methadone or Extended release Morphine/Oxycodone(MS-Contin or Oxycontin)

Get into some withdrawal before starting buprenorphine/naloxone

Oxycontin, MS-Contin (extended release: don't take any for at least 24 hours)

Methadone: Stop for at least 36-96 hours (Dose needs to be 20-30mg methadone x1-2weeks)

You should have at least 3 of the following feelings before your first buprenorphine dose:



Yawning

Enlarged pupils

Joint and bone aches

Shaking or twitches

Watery eyes/Runny Nose

Nausea, vomiting or Diarrhea

Sweating or chills

Restless/Can't sit still

Anxiety, irritable, fast heart beat

Bumpy skin (Gooseflesh)

Lost Appetite, Stomach cramps

Instructions

Prescribe buprenorphine/naloxone 2/0.5mg tablets or films #4 AND buprenorphine/naloxone 8/2mg #12

Prescribe as needed withdrawal meds like clonidine 0.1mg TID #15 (or tizanidine 2mg sig 2-4mg TID (sedating), hydroxyzine 25mg TID #15 (or gabapentin 300mg TID PRN #15), ibuprofen 400-600mg TID PRN

- A**
- Stop Oxycontin/MS-Contin for 24-36 hours, Methadone 36-96 hrs before starting (ex Tuesday morning)
 - Stop any short-acting like oxycodone/hydrocodone 12 hours before starting (ex bedtime Tuesday)
- ⇒ To feel better, take **tizanidine** 2mg or **clonidine** 0.1mg tablets three times a day as needed
- ⇒ **Hydroxyzine** 25mg to use three times a day as needed & **ibuprofen** 400-600mg every 6-8 hours
- B**
- Take first under-the-tongue buprenorphine/naloxone 2/0.5mg when you feel restless, lost appetite, anxious but before diarrhea starts (ex noon to evening Wednesday). The tablet will take 20 minutes to dissolve, film 3-5 minutes. Doesn't work if swallowed.
 - **Then Wait 2 hours:**
 - *If feeling better*, take 2nd 2/0.5mg tablet, a 3rd one in 2 hours, and a 4th one in 2 hours.
 - *If feeling worse*, wait another 4-6 hours and try again taking 2/0.5mg.
- C**
- The next morning (ex Thursday AM), take 8/2mg buprenorphine/naloxone.
 - 2-4 hours later, take another ½ of 8/2mg. In afternoon/evening, take another ½ tablet.
 - The next morning (ex Friday AM), take full 8/2mg in morning and 8/2mg in evening.

How to Start Buprenorphine from Long-Acting Opioids

Methadone, extended release Oxycodone/Morphine

