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
- 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
- Nausea, vomiting or Diarrhea
- 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)

Day #1
START HERE

Don’t use for 8-18 hours

Some Withdrawal
Lost appetite, restless, achy
but before diarrhea

Take 1/2 tab or film
Wait 2 Hours

How do you feel?

I feel better
Take 1/2 tab or film (4mg)
End Day 1

I feel worse
Wait 4-8 hours, try again

Day #2
START HERE

Take one tab of film (8mg). Wait 2 Hours

How do you feel?

I feel OK

Don’t take more.
Stay at 1 tab/film
Dose is 8mg

Withdrawal or Craving? -yes

Take 1/2 tab or film (4mg)
Wait 2 Hours

I feel OK

Don’t take more.
Stay at 1.5 tab/film
Dose is 12mg

Withdrawal or Craving? -yes

Take another 1/2 (4mg)
Daily Dose is 16mg

Day #3
START HERE

Take Day#2 Dose (8, 12 or 16mg)

Take this dose once every day
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:

<table>
<thead>
<tr>
<th>Yawning</th>
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<td></td>
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</tbody>
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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.

Matt Perez MD 2018
How to Start Buprenorphine from Long-Acting Opioids

Methadone, extended release Oxycodone/Morphine

**Day #1 START HERE**

Stop Methadone 36-96hrs

Stop Morphine or Oxycodone 24-36 hours

**Some Withdrawal**

Lost appetite, restless, achy but before diarrhea

Take 2mg tab or film

Wait 2 Hours

How do you feel?

I feel worse

Wait 4-8 hours, try again

I feel better

Take 2mg every 2 hours (x3)

(total of 4 pills today)

**Day #2**

START HERE

Take one tab of film (8mg). **Wait 2 Hours.**

**8mg**

How do you feel?

I feel OK

Take 2mg tab or film (4mg)

Wait 2 Hours

Withdrawal or Craving? -yes

I feel OK

Don’t take more.
Stay at 1 tab/film
Dose is 8mg

Don’t take more.
Stay at 1.5 tab/film
Dose is 12mg

**Day #3**

START HERE

Take Day#2 Dose (8, 12 or 16mg)

**Take this dose every day**

by Matt Perez MD 2018