



Buprenorphine for Pain Start Instructions for Patient

Your Provider will be initiating a Buprenorphine for Pain trial for management of your chronic pain. The pre-start and home Bup Start process is important for a safe and comfortable start of the medication.

- Your buprenorphine start (induction) date/time/location _____.
- You are coming off of (opioid) _____.
- You will need to **STOP TAKING all opioids** after _____(day) _____(time).
- You are also required to abstain from all alcohol, non-prescribed benzodiazepines and illicit drugs.

The reason you need to be in withdrawal from all opioids is that the opioid receptors in your brain and body will soon be occupied by buprenorphine. If there are still opioids in your system, there is a risk for precipitated withdrawal. ***Precipitated withdrawal*** is an intense withdrawal, which can last for many hours and even days.

If you and your provider have planned for a ***buprenorphine start at home***, you will have met with provider and submitted urine drug screen (UDS) and reviewed the plans for a successful comfortable buprenorphine start.

For your comfort during your opioid withdrawal, your provider might prescribe:

- _____ Imodium for diarrhea
- _____ Clonidine for withdrawal symptoms
- _____ Ondansetron as needed for severe nausea
- _____ Hydroxyzine for nausea, anxiety and sleep
- _____ Gabapentin for withdrawal symptoms, anxiety and sleep
- _____ Ibuprofen for aches and pain
- _____ Other

Please read the instructions for the proper doses on the bottles of these medications, as they will be ordered specific to your expected withdrawal.

On day of buprenorphine start, you will follow the additional directions provided to you by your provider.

Some initial **common side effects**: Drowsiness, light-headedness, nausea, mild headache, urinary retention, constipation. These are usually mild side effects and some people do not experience any. Side effects such as sweating, constipation and muscle twitching might persist. Let us know of any side effects that you are experiencing. Please drink extra fluids, take ibuprofen or Tylenol for headache, stay in touch with your MD/RN and keep your appointments. It is important that your provider knows about any side-effects you might be having.

Your RN will be following your Buprenorphine for Pain Management daily for the first 3 days via telephone or in-clinic visits.