

STARTING BUPRENORPHINE (“Bupe” or “Suboxone”)

WHEN AM I READY TO START BUPE?

- ✓ Before taking a buprenorphine strip/pill you want to feel lousy from your withdrawal symptoms. Very lousy. It should be at least 12 hours since you used heroin or pain pills and at least 36 hours since your last use of methadone. Wait it out as long as you can. The worse you feel when you begin the medication, the better it will make you feel and the more satisfied you will be with the whole experience. If you take the medication too early it will put you into precipitated withdrawals which is worse than natural withdrawals.

THINGS NOT TO DO WITH BUPE

- ✗ DON'T use Bupe when you are high—it will make you dope sick!
- ✗ DON'T use Bupe with alcohol—this combination is not safe.
- ✗ DON'T use Bupe with benzos (like Xanax (“sticks”), Klonopin, Valium, Ativan) unless prescribed by a doctor who knows you are taking Bupe.
- ✗ DON'T use Bupe if you are taking pain killers until you talk to your doctor.
- ✗ DON'T use Bupe if you are taking more than 30 mg of methadone.
- ✗ DON'T swallow Bupe – it gets into your body by melting under your tongue.
- ✗ DON'T lose your Bupe – it can't be refilled early.

HOW TO TAKE BUPE



- ✓ Before taking Bupe, drink some water.
- ✓ Put Bupe under your tongue.
- ✓ Don't eat or drink anything until the Bupe has dissolved **completely**.

PLAN

- Use your last heroin / methadone / pain pill: _____
- When you feel the worse and it is after 12, 24, 36 hours then you can begin.
- Start with _____ pill or film under your tongue.
- Wait 60 – 180 minutes.
- If you feel the same or just a little better, then take another _____ pill or film
- Wait 2 hours – if you still feel sick or uncomfortable, take another _____ pill or film.

PROBLEMS? QUESTIONS?

- Call _____ at _____.
- Call _____ if you still feel sick after taking a total of _____ pills or film (_____ mg).
- After Hours: **Emeline & HPHP** 831-454-5146 **Watsonville Health Center** 831-763-8227

NEXT STEPS

- Appt with MAT Nurse: _____ at _____
- Appt with MAT Prescriber. _____ at _____
- Appt with SUDCM: _____ at _____

WHAT I TOOK:

	Time	Amount of pills/strips
Day 1 *No more than 12mg on day one	am / pm	_____
	am / pm	_____
	am / pm	_____
	am / pm	_____
Day 2 *Start with total Taken on day one	am / pm	_____
	am / pm	_____
	am / pm	_____
	am / pm	_____
Day 3 *Never take more than 32mg in a day	am / pm	_____
	am / pm	_____
	am / pm	_____
	am / pm	_____