

# Starting Buprenorphine

## Symptom Management Guide





Highland Buprenorphine Induction Clinic

Making Care Accessible



The following medications have been prescribed to help you manage the symptoms of opioid withdrawal while you wait to take the first dose of buprenorphine. You can keep using these medications after you take your first dose if you keep on having withdrawal symptoms.

If you feel much worse after starting medications within 1 to 3 hours, call 510-437-4915 during business hours or seek care at the Highland Hospital Emergency Department.

	If You Feel This, Then...	Take This...	In This Way...
Prescribed? <input type="checkbox"/>	<b>Cold sweats, Chills, Feeling "Jittery"</b> 	Clonidine 0.1 mg tablet	Take 1 tablet by mouth every 6 hours as needed. Stop taking if you feel dizzy.  Do not use more than 4 tablets in one day.
Prescribed? <input type="checkbox"/>	<b>Anxiety, Problems Sleeping</b> 	Hydroxyzine 50 mg tablet	Take 1 tablet by mouth every 6 hours as needed. Stop taking if you feel too sleepy.  Do not use more than 4 tablets in one day.
Prescribed? <input type="checkbox"/>	<b>Nausea or Vomiting</b> 	Ondansetron 4 mg tablet	Take 1 tablet by mouth every 6 hours as needed.  Do not use more than 4 tablets in one day.
Prescribed? <input type="checkbox"/>	<b>Diarrhea</b> 	Loperamide 2 mg tablet	Take 2 tablets as your first dose. Take 1 additional tablet after each episode of diarrhea.  Do not use more than 6 tablets in one day.