

Guide for Patients Starting Buprenorphine Induction at Home

Before you start induction, you want to feel **extremely sick** from your withdrawal symptoms:

It should be at least:

12 hours since using heroin
12 hours since using your prescription pain pills
24–36 hours since using fentanyl
48–72 hours since using methadone

You should feel at least 3 of these symptoms:

restlessness; heavy yawning; enlarged pupils;
runny nose; body aches; tremors &/or twitching;
chills &/or sweating; anxious &/or irritable;
goosebumps; cramps, nausea, vomiting, &/or
diarrhea

Once you are ready, follow these instructions to start the buprenorphine medication:

DAY 1:

16–32mg buprenorphine

Most people feel better the first day after 16–32mg. Dosing depends on the time that you started on the first day.

STEP 1:

Take the 1st dose: 16mg
WAIT 45 minutes.

Put the tablet or strip UNDER YOUR TONGUE.
Keep it there until fully dissolved (15 minutes).
DO NOT swallow the medicine!
DO NOT drink &/or eat at this time.

STEP 2:

Still feel sick? Take next dose: 16mg
WAIT 2 hours and repeat if still sick.
*Most people feel better after 2 doses (32mg).

STEP 3:

STOP after this dose.
DO NOT exceed 32mg on Day 1.

DAY 2:

24mg buprenorphine

Take 8mg three times daily.

Repeat this specific 24mg dose every day until your next appointment.

IMPORTANT:

If you develop worsening symptoms while starting buprenorphine prior to your scheduled outpatient appointment, return to the Emergency Department.

Please know:

Opioid Use Disorder is a disease that requires treatment.
No shame. No stigma.

We are here for you.