

Guide for Patients Starting Bup/Nx (SUBOXONE® or SUBUTEX®) Induction at Home

DO NOT start Bup/Nx until you are moderately sick with withdrawal symptoms. Starting too soon can cause severe withdrawal.

You were given Bup/Nx 8mg/2mg tablets or films. **STOP** all opioids for 12–24hrs (longer is required for methadone & long-acting opioids; ask your doctor if you are unsure how long to wait. 72hrs is minimum for methadone).

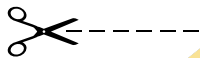
It is **NOT SAFE** to mix buprenorphine & benzodiazepines (the class of drugs that includes Valium, Klonopin, Xanax, Ativan, etc.) or alcohol. The combination can cause you to stop breathing. Please talk with your provider if you are currently using alcohol or sedatives so you can be counseled about how to take your medication.

COMMON SIGNS you are ready to take buprenorphine are when you have several of the following withdrawal symptoms: anxiety; restlessness; aches; nausea; chills. You do not need to wait until you are vomiting to start the medication. If you have severe vomiting/diarrhea, dehydration, or dizziness & are unable to safely start your medication at home, please go to the Emergency Room.

Below are instructions for how to start the Bup/Nx medication:

DAY 1:

WAIT until you are starting to feel withdrawal.
START with HALF of a tablet/film.
HALF = 4mg total.
Let it dissolve under your tongue.
You should feel an effect in about 20min.
WAIT one hour.



If still feeling withdrawal:

TAKE HALF of a tablet/film. HALF = 4mg total.
WAIT 2–4hrs.

If still feeling withdrawal:

TAKE HALF of a tablet/film. HALF = 4mg total.
WAIT 2–4hrs.

If still feeling withdrawal:

TAKE HALF of a tablet/film. HALF = 4mg total.

DAY 2:

TAKE the total dose that you needed on DAY 1.

Most patients take 16mg (2 tablets/films) in the morning

OR

8mg (1 tablet/film) in the morning & 8mg (1 tablet/film) in the evening

IMPORTANT:

If you have questions or concerns, please call our office.

If you feel you need urgent medical care, please go to the Emergency Room.