

PATIENT GUIDE TO STARTING BUPRENORPHINE

for patients using heroin/fentanyl

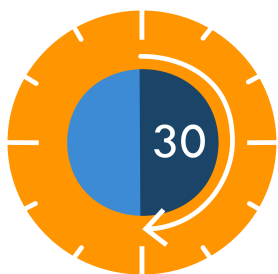
Congrats on starting buprenorphine or “bupe”!

Your provider has prescribed 8-2 mg buprenorphine films.

Before taking bupe get rid of everything you have to prepare and use drugs.

This will help with your recovery.

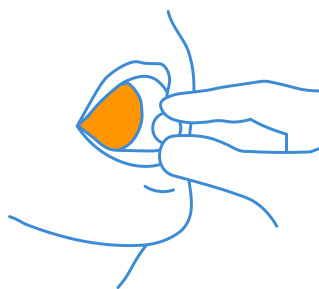
HOW TO START:



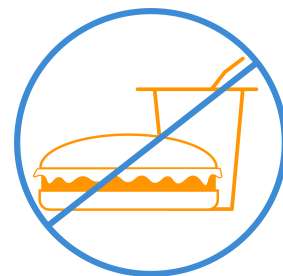
Don't smoke for 30 minutes prior to taking bupe



Before taking bupe, take a sip of water



Put bupe under your tongue to left or right of the middle



Don't eat, drink, or talk until it has dissolved

YOU ARE READY TO START BUPE WHEN YOU HAVE AT LEAST 5 OF THE FOLLOWING:

Yawning
Sweating
Runny nose or eyes
Goose Bumps
Shaking
Diarrhea

Unable to sit still
Feel like throwing up
Muscle or joint pain
***Bones and Muscles ache**
***Stomach Pain**

* Wait until you have at least **one** of these to start

This could be between 1-3 days or more since your last use.



DAY 1

WHEN YOU HAVE 5 WITHDRAWAL SYMPTOMS AND FEEL BAD:



Take **1/4 film**
of bupe

**WAIT 1
HOUR**

Feel better,
then take **the
rest of the film**

**WAIT 4
HOURS**

Take **1/2 film**

Feel worse, call
the clinic

1/4 film = 2 mg
1/2 film = 4 mg

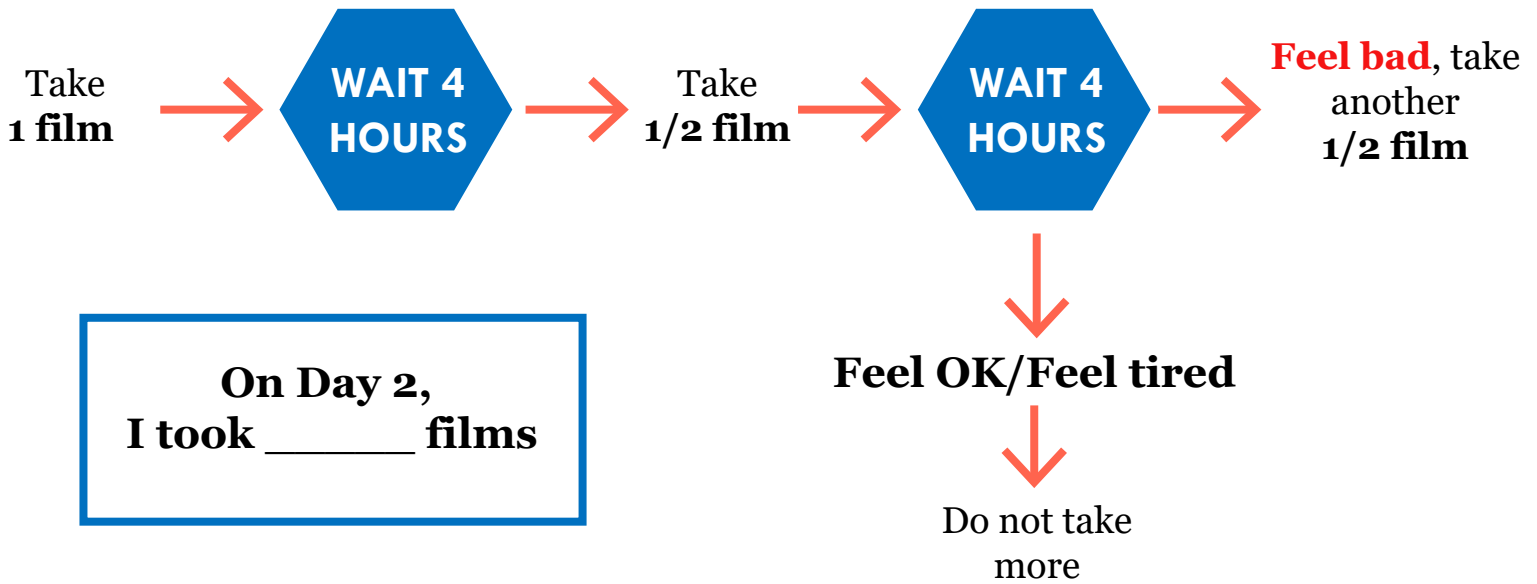
Take **1/4 film**
every
1-2 hours

**Only take 1/4 at a time. Taking
bigger pieces can make you feel
worse.**

Do not take more than 1.5 films (12mg) on Day 1

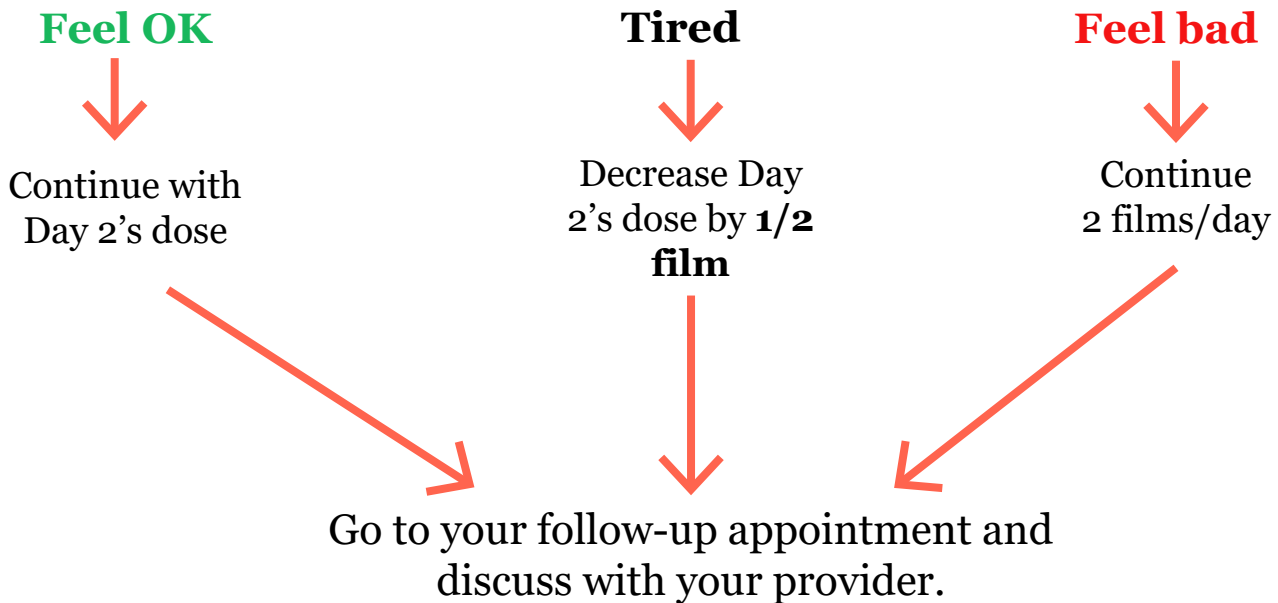


DAY 2



On Day 2, Do not take more than 2 films (16mg)

DAY 3



Call the clinic for any questions or problems at _____