A Guide for Patients Beginning Buprenorphine Treatment

Before you begin you want to feel **sick** from your withdrawal symptoms

- **12 hours** since you used heroin/or pain pills
- **16 hours** since you last used fentanyl
- **48-72 hours** since you used methadone
- If you used more than one drug, use the longest wait time before starting buprenorphine.

You should feel at least four of these symptoms...

- Restlessness
- Frequent yawning
- Enlarged pupils
- Runny nose/eyes
- Body aches
- Tremors/twitching
- Chills or sweating
- Anxious or irritable
- Goose bumps
- Stomach cramps, nausea, vomiting or diarrhea

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

### DAY 1:
8-24 mg of buprenorphine

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Take the first dose</td>
<td>Still feel sick? Take next dose</td>
<td>Still uncomfortable? Take last dose</td>
</tr>
<tr>
<td>4 to 8 mg</td>
<td>4 to 8 mg</td>
<td>4 to 8 mg</td>
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<tr>
<td>45 minutes</td>
<td>6 hours</td>
<td>6 hours</td>
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- Put the tablet or strip under your tongue
- Keep it there until fully dissolved (about 15 min.)
- Do NOT eat, drink or smoke 15 min before
- Do NOT swallow the medicine

- You may need up to 24mg to manage withdrawal on day 1.
- Most will do well with 16mg

<table>
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<tr>
<th>Step 4.</th>
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<tr>
<td>Stop</td>
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### DAY 2:
8 to 16 mg of buprenorphine

- Take 8 to 16 mg dose

- If you took 16mg or more on day 1 take a total of 16mg
- If you took less than 16mg and felt well take that dose.
- If you have questions or troubles follow up with the clinical team.

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Contact the clinic or emergency number given to you if your symptoms get worse.

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Note: This is a modified version of a NIDA guidance document 2/9/2020