

STARTING BUPRENORPHINE

DAY 1

Wait until you are in moderate to severe withdrawal to start

Wait 12 hours after your last prescription opioid dose
 Wait 12-24 hours after your last fentanyl use
 Wait 48-72 hours after your last methadone dose

→ **WITHDRAWAL SYMPTOMS**

MAKE SURE YOU ARE EXPERIENCING AT LEAST 3 OF THESE SYMPTOMS

Goosebumps	Sweats
Runny nose	Muscle cramps
Big pupils (the black part of your eye)	Anxiety
Stomach cramps	Chills
Diarrhea	Body Aches
Watery eyes	Nausea, vomiting

→ **Take TWO tablets under your tongue**



16 mg

→ **Wait 30-60 minutes**

→ **Take 1/2-1 tablet every 2 hours as needed for withdrawal symptoms or cravings.**

Do not take more than 4 whole tablets in one day



4 mg

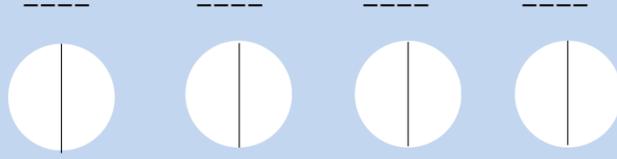
OR



8 mg

Day 1 tablet tracker

FILL IN THE TABLETS WITH THE TIME YOU TOOK THEM



DAY 2

Take 1 tablet under your tongue 3 times daily

OR

If you only took 2 tablets on day 1 or you felt too sleepy from buprenorphine then only take 1 tablet twice daily

Morning	Afternoon	Night
8 mg	8 mg	8 mg
		

HOW TO TAKE BUPRENORPHINE

- Put the buprenorphine tablet under your tongue
- It will take 5- 15 minutes for the tablet to dissolve
- Do NOT swallow it! It won't work if swallowed
- Do not overlap tablets. You can put one tablet on each side of your tongue

Carry naloxone!

