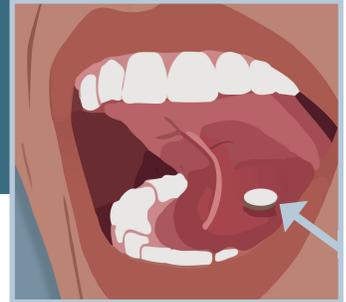


Starting Buprenorphine Outside of Hospitals/Clinics

Wait, Withdraw, Dose

For people with major medical issues or with lower opioid tolerance
(for example using pain pills like Norco or Percocet)



Place dose under your
tongue (sublingual).

If you have started Bup before:

- If it went well, that's great! Just do that again.
- If it was difficult, talk with your care team to find ways to make it better.

If this is your first time on Bup:

- Gather your support team and if possible take a "day off."
- Don't drive.
- Using cocaine, meth, alcohol or pills makes starting Bup harder. Be safe.
- Too little Bup can make you still feel withdrawal.
- Too much Bup can make you feel sick or sleepy.

DAY 1

- Plan to take a day off and have a place to rest.
- Stop using and **wait** till you feel **very sick** from withdrawals (at least 12 hours is best).
- **Dose ½ of an 8mg tablet or strip (4mg)** under your tongue & let it dissolve.
- If you feel suddenly worse after the first dose, call the Substance Use Navigator or go to the ER.
- **Repeat dose (another 4mg)** in an hour to feel well.
- If you still feel sick, take another 4mg every 6 hours, up to 24 mg.



Split 8mg film
or tablet in half.



DAY 2 AND BEYOND

- Take the total amount you needed on day 1 as a single dose in the morning—for example, if you took a total of 16 mg, take 2 tablets/films at the same time.
- Later in the day, if you still feel like you're in withdrawal or craving, take 4 mg (half-tablet or half-film) more.
- If you're too sleepy, take 4 mg less the next day.

Call or text your Substance Use Navigator for help at _____

Your next appointment is _____