### A Guide for Patients Beginning Buprenorphine Treatment at Home

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

<table>
<thead>
<tr>
<th>It should be at least . . .</th>
<th>You should feel at least three of these symptoms . . .</th>
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</thead>
<tbody>
<tr>
<td>• <strong>12 hours</strong> since you used heroin/fentanyl</td>
<td>• Restlessness</td>
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<tr>
<td>• <strong>12 hours</strong> since snorted pain pills (Oxycontin)</td>
<td>• Heavy yawning</td>
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<tr>
<td>• <strong>16 hours</strong> since you swallowed pain pills</td>
<td>• Enlarged pupils</td>
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<tr>
<td>• <strong>48-72 hours</strong> since you used methadone</td>
<td>• Runny nose</td>
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<tr>
<td>• Body aches</td>
<td>• Tremors/twitching</td>
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<tr>
<td>• Chills or sweating</td>
<td>• Goose pimples</td>
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<tr>
<td>• Anxious or irritable</td>
<td>• Stomach cramps, nausea, vomiting or diarrhea</td>
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</tbody>
</table>

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

**DAY 1:**
8-12mg of buprenorphine

Most people feel better the first day after 8-12mg. (Dosing depends on how early on the first day you started)

**STEP 1.**
Take the first dose

- **4mg**
- **Wait 45 minutes**
  - Put the tablet or strip under your tongue
  - Keep it there until fully dissolved (about 15 min.)
  - Do NOT eat or drink at this time
  - Do NOT swallow the medicine

**STEP 2.**
Still feel sick? Take next dose

- **4mg**
- **Wait 6 hours**
  - Most people feel better after two doses = 8mg

If you develop worsening symptoms while starting buprenorphine before your scheduled outpatient appointment return to the emergency department

**STEP 3.**
Still uncomfortable? Take last dose

- **4mg**
- **Stop**
  - Stop after this dose
  - Do not exceed 12mg on Day 1

**DAY 2:**
16mg of buprenorphine

Take one 16mg dose

- **16mg**
- Repeat this dose until your next follow-up appointment

If you develop worsening symptoms while starting buprenorphine before your scheduled outpatient appointment return to the emergency department