

PATIENT GUIDE - BUPRENORPHINE HOME INDUCTION + INITIAL MAINTENANCE

Before you start buprenorphine (“bupe” or “Suboxone”), you should feel very sick from withdrawal

You should feel at least 3 of these symptoms:

- Restless
- Yawning
- Runny nose
- Goose bumps
- Chills or sweating
- Muscle twitches
- Muscle aches
- Anxious or irritable
- Stomach cramps, nausea, vomiting, or diarrhea

It should be at least:

- 12 hours since you used opioid pain pills (oxycodone/Percocet)
- 24 hours since you used fentanyl
- 36-72 hours since you used methadone

WARNING

- AVOID Bupe when you are high, it will make you dope sick!
- AVOID Bupe with **alcohol** or **benzos** (Xanax, Klonopin, Ativan), it can increase overdose risk. Talk to your doctor if you are prescribed benzos.

Start buprenorphine at home (called induction) + Initial maintenance

DAY 1

For each dose:
Put **HALF** a pill/film under your tongue (half is 4mg)

Let it dissolve fully (about 15 minutes)

Do NOT eat or drink during this time

Do NOT swallow it

ONLY take enough to stop feeling sick from withdrawal

STEP 1 | Take 4mg (half pill/film) → Wait 30 minutes

STEP 2 | Take 4mg (half pill/film) → Wait 1 hour

STEP 3 | Take 4mg (half pill/film) → Wait 1 hour

If you still feel sick, take next dose

If you still feel sick, take next dose

After STEP 2, if you still feel sick, repeat STEP 3 every 1-2 hours until you feel better or until you take a total of 24mg buprenorphine.

Most people feel better after 8-16mg, but some need to take up to 24mg on Day 1.

DAY 2

Continue daily until your appointment

In the morning take the full total dose you took yesterday. For example:

If you took 2 halves total of a pill/film yesterday, take a full one (8mg) this morning.

8mg

If you took 3 halves total of a pill/film yesterday, take 1 and a half (12mg) this morning.

8mg

4mg

***Note:** If induction happened in the hospital, your doctor will tell you how much to take each day.



- If your symptoms worsen, return to an Emergency Department
- To set up or confirm your 1st appointment: call our **REACH PROGRAM** (646-951-1693 or REACH@mountsinai.org)