

Buprenorphine: Getting Started at Home

For carefully selected patients, starting buprenorphine at home can be effective and efficient¹.

It is very important to follow these instructions in order to avoid complications.

If symptoms are not relieved or if there are complications, patients are to contact a medical provider right away or report to the Emergency Department

Be sure to store your medication in a safe place where children and others will not have access to it.

Review the symptom chart of the back of this page carefully.

Use the chart to evaluate and score your symptoms.

When the numbers add up to **10 or more**, you are ready to take your first dose of buprenorphine.

Withdrawal onset varies based on the opioid you use. Longer acting opioids (oxycontin, methadone) take longer to leave the system than shorter acting opioids (heroin, oxycodone, fentanyl).

Caution:

- If nausea, vomiting or worse withdrawal symptoms occur please contact a medical provider.
- Do not take other opioids, benzodiazepines (sedating medicine) or drink alcohol while on buprenorphine.
- If you feel sleepy or impaired do not drive or operate a

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Hours: 8AM-5PM weekdays

Dosing Instructions:

Take _____ mg of buprenorphine(_____) under your tongue when the SOWS score is 10 or more.

Wait 1 hour. If you still have symptoms of withdrawal you can repeat this dose.

Day 2: Take the buprenorphine in the dose that you used on day 1 when you wake in the morning. This will likely be your daily dose though we may make some changes once we review your progress.
