What is buprenorphine-naloxone and what does it do?

- It is a safe medicine for opioid withdrawal, (a.k.a. “dope sickness”) and cravings
- It does not make you feel high
- It also treats pain
- If you use the medication incorrectly by injecting or crushing it, you will feel sick
- Buprenorphine is not a safe medication for children. Please keep out of their reach.

HOW to take buprenorphine?

To start- 3 steps:

1. If you have used another opioid (heroin, fentanyl, oxy, norco etc.) recently, STOP, WAIT…..until you feel sick:
   - These are known as withdrawal symptoms/ you might know them as being dope sick
   - Before you start you should be about ½ way to the worst dope sickness you have had
   - For many people this means 12 hours after heroin, morphine, vicodin, norco or oxycodone.
   - If you took a long acting medication like Oxycontin or MSContin it will likely take 16-24 hours
   - Methadone is unpredictable and can take 24-72 hours
   - Rely on what you feel.

2. Put the tablet under your tongue and let it dissolve [don’t swallow, don’t chew]

3. After about 1 hour: CHECK how are you feeling?
   - IF GOOD: nothing more to do
   - IF still having the withdrawal symptoms or feeling worse: put another tablet under your tongue
Day 2:
- **IF you** feel good the next day, take the **same** number of total pills you took the day before. Morning is the best, but don’t worry about an exact time.
- **During the day:** if you feel withdrawal symptoms or feel cravings you can take an additional tablet under your tongue

Day 3:
- **IF you feel good**, you can take the same number of pills you took the day before, altogether or split the same number, however you want, during the day.
- **If you are taking LESS then 4 tablets of 8mg tablets AND** you have cravings later in the day, you can add the 4th tablet whatever time of the day you want.

How to continue to get more medication:

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