

# TAKING BUPRENORPHINE-NALOXONE (A.K.A. SUBOXONE)

## 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?

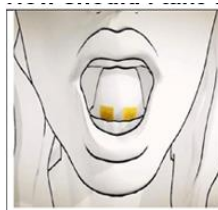
### To start- 3 steps:

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

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## 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 than 4 tablets of 8mg tablets AND** you have cravings later in the day, you can add the 4<sup>th</sup> tablet whatever time of the day you want.



### How to continue to get more medication:

Name of person	Organization	Address	How to contact