

## How do I know how much to take *after* the first day?

After the first day you will probably have an idea about how many tablets you need to take to feel better. Starting on the second day of your treatment, you can take that total dose **all at once**.

So, for example, if you found that you needed a total of 8mg (four tablets) on the first day to

feel well then on the second day you would take 8mg (four tablets) all at one time.



### What do I do if I am still in withdrawal?

If you feel that you are still in withdrawal, you can adjust your daily dose upwards by 2-4mg (1-2 tablets).

### What do I do if am sleepy?

If you feel sleepy then cut down on the amount of medication.

So for example if you took 8mg (4 tablets) on the first day but are feeling a bit drowsy on the second day you can reduce your dose by 2-4mg (one to two tablets) on the second day. If you are very sleepy, then you should not take any medication and should call your doctor.



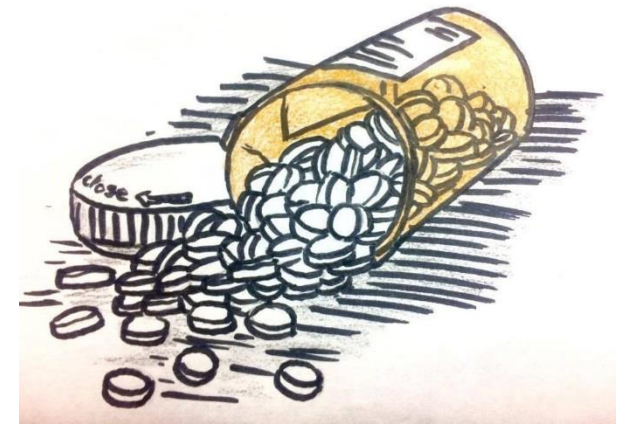
## When should I come back to see the doctor?

You should return to the doctor within a few days of starting this medication.

Your follow up appointment is booked for: \_\_\_\_\_

You can reach us with any questions at:  
\_\_\_\_\_

# How to Start Buprenorphine



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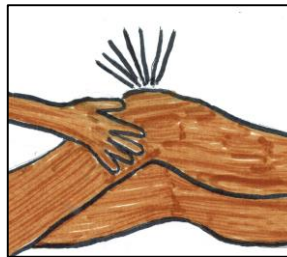
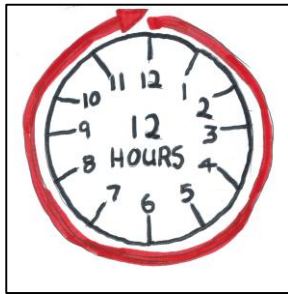
Creator: Dr. Anita Srivastava  
Illustrators: Megan Nguyen, Akash Yoon

You have been prescribed a medication called buprenorphine. Usually, this medication is prescribed to treat an opioid use disorder.

Most patients take this medication once a day at their pharmacy. Later, some patients may take their medication home on certain days if they are doing well.

Your doctor has prescribed you the first few doses of buprenorphine to take at home to get you started on treatment. It is important that you read this guide for information on how to safely start this medication.

## When do I take my first dose?



Before taking your first dose of buprenorphine, make sure that you are in opioid withdrawal. Otherwise, the medication can cause withdrawal and you may feel sick.

Usually, it takes several hours (12 hours or longer) after you have last used an opioid to go into withdrawal. This can take even longer if you have taken methadone. It is best to wait to take your first dose of buprenorphine until you feel like you are truly in opioid withdrawal.

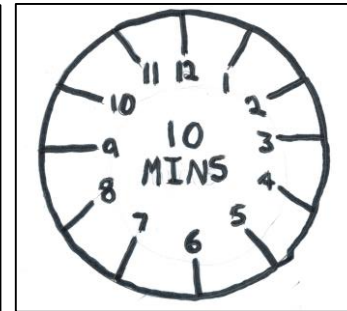
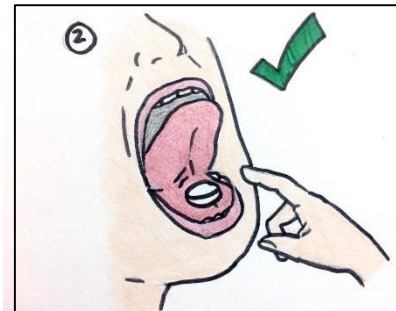
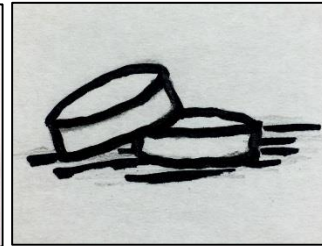
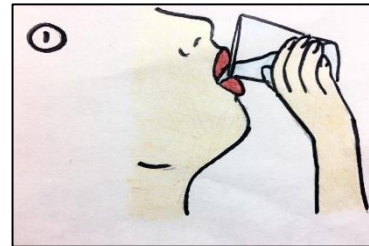
## How do I take my first dose?

Your first dose will be either 2mg (one tablet) or 4mg (two tablets). Talk to your doctor about the best dose for you. Place the tablet(s) UNDER your tongue and wait for them to dissolve (this can take up to ten minutes). Taking a sip of water to moisten your mouth before you put the medication under your tongue may help it dissolve faster.

**Do not swallow the medication: it will not work.**

**Do not mix with alcohol or benzos or opioids.**

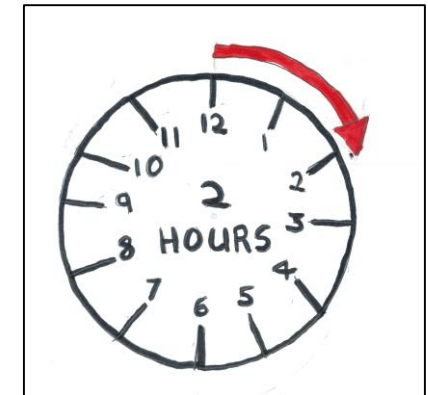
**Do not drive until your doctor says it is okay.**



## When do I take the next doses?

You should start to feel better within one to two hours of your first dose. If you feel well, you do not need to take anymore and can wait to see how you feel later.

However, if you feel like either the medication did not help or that you are still in withdrawal then you can take another one or two tablets UNDER your tongue. You can take one to two tablets (always under your tongue) every 2 hours to a maximum of 16mg (eight tablets) on the first day.



Do not take more than 16mg (eight tablets) on the first day or in the first 24 hours.

