



Buprenorphine Home Induction Instructions

When to start

You should be in at least moderate withdrawal before starting buprenorphine. Taking buprenorphine too soon after your last opioid use may result in worsening of withdrawal symptoms. The type of opioid you were taking impacts about how long you should wait after taking your last dose of opioid. If you are unsure about when to start buprenorphine, call your provider.

Type of opioid	Wait at least this long
short-acting opioids (heroin, hydrocodone, oxycodone, morphine)	12-16 hours
intermediate-acting opioids (MS Contin, Oxycontin, fentanyl)	24 hours
long-acting opioids (methadone)	48-72 hours

You should have at least 3 of the following before starting buprenorphine:

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|---|---|---|---|
| <input type="checkbox"/> Restlessness | <input type="checkbox"/> Chills or sweating | <input type="checkbox"/> Runny nose or eyes tearing | <input type="checkbox"/> Cramps, nausea, vomiting or diarrhea |
| <input type="checkbox"/> Twitching or tremors | <input type="checkbox"/> Yawning | <input type="checkbox"/> Goose bumps | |
| <input type="checkbox"/> Enlarged pupils | <input type="checkbox"/> Joint and bone aches | <input type="checkbox"/> Anxious or irritable | |

How to take buprenorphine

Buprenorphine comes in either tablets or films which must be placed under your tongue and allowed to dissolve. Avoid eating, drinking, or smoking while the tab/film is dissolving. Place no more than 2 tabs/films under your tongue at a time.

After you begin, if you start to feel worse than when you started, contact your provider immediately.

Day 1 <ul style="list-style-type: none"> • Take 4 mg • Wait 2 hours <ul style="list-style-type: none"> ○ If you feel well, do not take any more medication today. ○ If you still have withdrawal symptoms, take an additional 4 mg. • Record your total dose for Day 1. 	1 st dose: 4 mg <input checked="" type="checkbox"/>
	2 nd dose: (if needed) 4 mg <input type="checkbox"/>
	Total Day 1 dose:
Day 2 <ul style="list-style-type: none"> • If you feel well when you wake up this morning, take your total Day 1 dose. • If you have some withdrawal symptoms this morning, take your total Day 1 dose plus an additional 4mg. <ul style="list-style-type: none"> • Wait 2 hours <ul style="list-style-type: none"> • If you feel well, do not take any more medication today. • If you still have withdrawal symptoms, take an additional 4 mg. • Record your total dose for Day 2. 	Day 1 dose: _____ <input checked="" type="checkbox"/>
	2 nd dose: (if needed) 4 mg <input type="checkbox"/>
	3 rd dose: (if needed) 4 mg <input type="checkbox"/>
	Total Day 2 dose:
Day 3 <ul style="list-style-type: none"> • If you feel well when you wake up this morning, take your total Day 2 dose. • If you have some withdrawal symptoms this morning, take your total Day 2 dose plus an additional 4mg. <ul style="list-style-type: none"> ○ Wait 2 hours <ul style="list-style-type: none"> ▪ If you feel well, do not take any more medication today. ▪ If you still have withdrawal symptoms, take an additional 4 mg. • Record your total dose for Day 3. 	Day 2 dose: _____ <input checked="" type="checkbox"/>
	2 nd dose: (if needed) 4 mg <input type="checkbox"/>
	3 rd dose: (if needed) 4 mg <input type="checkbox"/>
	Total Day 3 dose:

After Day 3, take your total Day 3 dose each day until your next appointment.