

## SUBOXONE INSTRUCTIONS

### What is buprenorphine-naloxone (Suboxone) and what does it do?

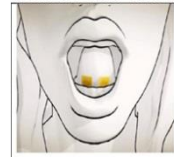
- It is a safe medicine for opioid withdrawal, (a.k.a. “dope sickness”) and cravings
- It does not make you feel high
- It treats pain
- If you use the medication incorrectly by injecting or crushing it, you will feel sick
- Buprenorphine is not a safe medication for children. Please keep out of their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

➤ You are being given Suboxone (buprenorphine-naloxone) 2mg/0.5mg or 8mg/2mg

### HOW to take Suboxone if you have NOT used opioids (heroin, fentanyl, or narcotic pain pills like Norco or Oxy) since release:

#### Day 1:

1. Look at the instructions: it may tell you take 1 or ½ tablet or film
2. Put the tablet/film (or ½ the tablet/film) under your tongue and let it dissolve [don't swallow, don't chew]



3. After about 2 hours: **CHECK how are you feeling?**

- IF GOOD (no headaches, no nausea, not “out of it”): place another tablet under your tongue
- CONTINUE to take more every two hours if you notice cravings – **but NO MORE than a total of 32mg**



- DON'T ADD MORE SUBOXONE if you have a problem with side effects (like headaches, nausea, and feeling “out of it”)

#### Day 2:

- START taking the total number of pills you took the day before at one time (whenever you wake up)
- **During the day:** if you feel cravings you can take one additional tablet under your tongue and talk with your doctor or provider about your dose

#### Day 3:

- **IF you feel good,** you can take the same number of pills you took the day before, all at once or spread out, however you want, during the day.

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### If you used an opioid (heroin, fentanyl, oxy, etc.)

Before taking this medication: **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 8-12 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.*

➤ **You will need a higher dose than you were prescribed:  
you will need to take 8mg of Suboxone (buprenorphine/naloxone).**

- IF you received 2mg/0.5mg tablets or film: put 4 tablets or film under your tongue at once
- IF it said cut the tablet in ½ you should have received an 8mg/2mg tab, put 1 tablet under your tongue

- Then follow Day 1 step 3 above until you're no longer dope sick and not having any cravings
- Get to a provider who can place you on a higher dose as soon as you can, so that they can start you on a higher dose.

### **How to continue to get more medication:**

Name of person	Organization	Address	How to contact
	LAC+USC Urgent Care	1100 N. State St. Building A, Clinic Tower	Present at anytime between 8a-7p, Monday-Saturday