



Starting buprenorphine at home

Day 1

Wait until you are in moderate withdrawal, typically 12-24 hours after last opioid use.

Take other prescribed medications to treat symptoms.

Moderate withdrawal

Means 3+ of the following:

- | | |
|----------------|--------------------|
| Restlessness | Body aches |
| Yawning | Shaking/twitching |
| Runny nose | Sweats |
| Big pupils | Chills |
| Watery eyes | Goosebumps |
| No appetite | Nausea or vomiting |
| Stomach cramps | Diarrhea |

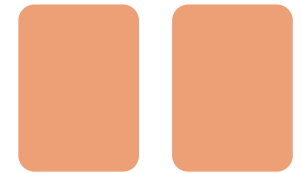
Take 2 tablets or films under your tongue



16 mg

WAIT 30-60 MINUTES

Take 1-2 additional tablets or films if needed



8 mg 8 mg

Do not take more than 4 tablets or films (32 mg) the first day.

Day 2 and beyond

Take 1 tablet or film (8 mg) in the morning, afternoon, and evening.

Take this dose daily until your follow-up appointment. If the medication makes you feel too sleepy, you can take it twice per day (morning and evening) instead.



AM
Morning



8 mg



PM
Afternoon



8 mg



NIGHT



8 mg

How to take the buprenorphine films or tablets:

1. Put the buprenorphine under your tongue.
2. Don't swallow it—the medication won't work!
3. Keep the medication there until it's fully dissolved.