Start Suboxone when you have 2 to 3 symptoms of withdrawal. If you have recently taken a drug that lasts longer than heroin (methadone or OxyContin®), call me so that we can talk again before you start. Suboxone will cause severe withdrawal in a person on a regular dose of any opiate including methadone or heroin if they don’t wait long enough before starting it.

Yawning_____ Stomach cramps_____ Diarrhea_____ Nausea_____ Dilated pupils_____
Goose flesh_____ Tremor_____ Runny nose_____ Unable to sit still______ Very irritable_____
Teary eyes_____ Other __________

- Start with 1/2 tablet dissolved under the tongue.
- Wait a half hour. If feeling better or only mildly worse, then take the other half.
- Wait 2 hours. If still sick or craving heroin, take another half.
- Repeat every 2 hours, up to a total of 2 tablets.

Call me if you feel you need more; it’s not a problem, but be in touch.

Cautions:
- Be very careful with the medication; insurance companies, including Medicaid, will not allow it to be refilled early.
- If you start other medications or take other drugs while on Suboxone, be sure to talk with me about it.
- Opioid pain medication won’t work while on buprenorphine, so contact me if you are having any surgical or dental procedures. If in an accident, inform the paramedics and physicians that you are on buprenorphine.
- Suboxone can be dangerous if mixed with high doses of benzodiazepines like Xanax, Valium, or Clonopin.

I understand these directions and precautions:

________________________________________________________________________
Name                          Signature                          Date