

BUPRENORPHINE BEGINNING TREATMENT

MGH EMERGENCY DEPARTMENT

DAY 1

Before taking a buprenorphine dose you want to feel lousy from your withdrawal symptoms. It should be at least 12 hours since you used heroin or pain pills (oxycontin, vicodin, etc.) and at least 24 hours since you used methadone. The worse you feel when you begin the medication, the better it will make you feel and the more satisfied you will be with the experience.

SYMPTOMS

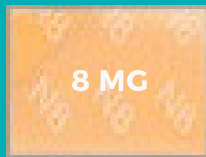
You should have a least 3 of the following feelings:

- twitching/tremors/shaking
- joint and bone aches
- bad chills or sweating
- anxious or irritable
- goose pimples
- restlessness
- heavy yawning
- enlarged pupils
- stomach cramps, nausea, vomiting, or diarrhea

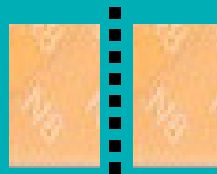
FIRST DOSE

4 MG OF BUPRENORPHINE

This is one half of an 8 mg sublingual film strip.



1. Start with full film

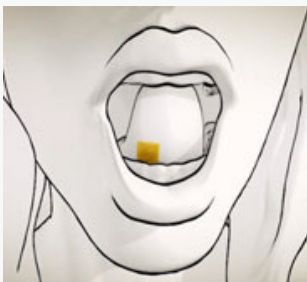


2. Cut full film in half



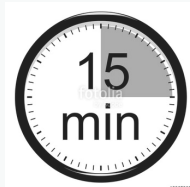
3. This is your first dose

ADMINISTRATION: HOUR 1



1. PLACE THE STRIP UNDER YOUR TONGUE

Put the 4mg strip under your tongue and do not swallow it.



2. KEEP IT THERE FOR 15 MINUTES

The medicine is absorbed through the skin on the bottom of your tongue and will work over the course of 15 minutes. Do not eat food, or drink liquids at this time.



3. CHECK IN AT ONE HOUR

Feel better? Good, the medicine is working. Don't take anymore.

Still feel lousy after one hour? Don't worry you will just need more medication. If you still have feelings of withdrawal, put the remaining 4 mg strip under your tongue.



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ADMINISTRATION: HOURS 6 - 12



1. CHECK IN AT HOUR 6

Later in the day (6-12 hours after the first dose), see how you feel again. If you feel fine, don't take any more. If you have withdrawal feelings, take another 4 mg dose under your tongue.



2. 16 MG LIMIT AND WITHDRAWAL

Do not take more than 16 mg on the first day. Most people feel better after 4-12 mg on their first day but If you still feel really bad, like you are having a bad withdrawal, return to the Emergency Department.

3. CREATE A PLAN FOR YOUR MGH BRIDGE CLINIC VISIT

It is crucial that you follow up at the MGH Bridge Clinic to start your follow up care. Take a moment to answer these questions to create a plan:

1. What time will you go the clinic tomorrow?

2. What will you be doing immediately before this?

3. How will you get to MGH?

ADMINISTRATION: DAY 2 THE RIGHT DOSE DEPENDS ON HOW YOU FELT ON DAY ONE

Getting to the MGH Bridge Clinic on Day 2 is absolutely critical. On the morning before your Bridge Clinic Appointment, it will be important to take another one time dose of buprenorphine. The dose you take is based on your experience on Day 1.

4 MG

If you took 4 mg on Day 1 and felt fine this morning, take 4 mg as your Day 2 dose.

8 MG

If you took 8 mg on Day 1 and felt fine this morning, take 8 mg as your Day 2 dose.

OR

If you took 4mg on Day 1 and woke up feeling withdrawal symptoms, take 8mg as your Day 2 dose.

8 MG

+ 4 MG

If you took 12 mg on Day 1 and felt fine this morning, take 12 mg as your Day 2 dose.

OR

If you took 8 mg on Day 1 and woke up feeling withdrawal symptoms, take 12 mg as your Day 2 dose.

BRIDGE CLINIC FOLLOW UP

The Bridge Clinic Follow up Information:

- Open 7 days a week 9AM - 4PM
- Mon- Fri in Founders 880
- Sat-Sun on Wang 1 in the Patient Registration Office
- Walk in - no appointment needed
- Serves all regardless of insurance status
- Phone: 617-643-8281