Steps for initiating buprenorphine at home

Start buprenorphine when you have moderate opioid withdrawal.

Day 1: buprenorphine start

Take 1st dose Wait 1 hour

- Put the strip under your tongue. Do NOT swallow.
- Keep it there until fully dissolved (about 15 min), then wait for 45 minutes.
- Do NOT eat, drink, or talk while strip is dissolving.

STEP 2 Still feel sick? Take 2nd dose 4 mg Wait 2 hours hours

- Most people feel better after two doses or 8 mg.
- If feeling more withdrawal symptoms after the 1st dose, you will likely feel better after the 2nd dose.



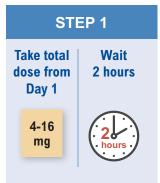
 Take the 3rd dose only if needed.



- Stop after this dose.
- Do NOT exceed 16 mg on Day 1.

Most patients will feel better with 8 or 12 mg of buprenorphine on Day 1, but you can take up to 16 mg if needed.

Day 2: continuing buprenorphine



- Put the strip(s) under your tongue. Do NOT swallow.
- Keep it there until fully dissolved (about 15 min), then wait for 2 hours total.
- Do NOT eat, drink, or talk while strip is dissolving.

STEP 2 Still feel sick? Take | Wait

4 mg 2 hours

 If still feeling sick, take another 4 mg and wait 2 hours.

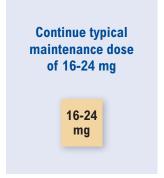
STEP 3 Still uncomfortable? Take

4 mg STOP

- Take another 4 mg only if needed.
- Stop after this dose.

Take up to 24 mg on Day 2, if needed.

Day 3+





A clinician should be available to address questions regarding the buprenorphine induction.



The Buprenorphine Home Induction phone app can help patients manage buprenorphine initiation at home.



These are general recommendations only; specific clinical decisions should be made by the treating clinician based on an individual patient's clinical condition.

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