





# Steps for initiating buprenorphine at home



Start buprenorphine when you have moderate opioid withdrawal.

## Day 1: buprenorphine start

STEP 1	STEP 2	STEP 3	STEP 4
<p><b>Take 1<sup>st</sup> dose</b></p> <p><b>Wait 1 hour</b></p> <p>4 mg</p> 	<p><i>Still feel sick?</i></p> <p><b>Take 2<sup>nd</sup> dose</b></p> <p><b>Wait 2 hours</b></p> <p>4 mg</p> 	<p><i>Still uncomfortable?</i></p> <p><b>Take 3<sup>rd</sup> dose</b></p> <p><b>Wait 2 hours</b></p> <p>4 mg</p> 	<p><i>Still uncomfortable?</i></p> <p><b>Take 4<sup>th</sup> dose</b></p> <p>4 mg</p> 
<ul style="list-style-type: none"> <li>Put the strip under your tongue. Do NOT swallow.</li> <li>Keep it there until fully dissolved (about 15 min), then wait for 45 minutes.</li> <li>Do NOT eat, drink, or talk while strip is dissolving.</li> </ul>	<ul style="list-style-type: none"> <li>Most people feel better after two doses or 8 mg.</li> <li>If feeling more withdrawal symptoms after the 1<sup>st</sup> dose, you will likely feel better after the 2<sup>nd</sup> dose.</li> </ul>	<ul style="list-style-type: none"> <li>Take the 3<sup>rd</sup> dose <b>only if needed</b>.</li> </ul>	<ul style="list-style-type: none"> <li><b>Stop after this dose.</b></li> <li>Do NOT exceed 16 mg on Day 1.</li> </ul>

**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

STEP 1	STEP 2	STEP 3	Day 3+
<p><b>Take total dose from Day 1</b></p> <p><b>Wait 2 hours</b></p> <p>4-16 mg</p> 	<p><i>Still feel sick?</i></p> <p><b>Take 4 mg</b></p> <p><b>Wait 2 hours</b></p> <p>4 mg</p> 	<p><i>Still uncomfortable?</i></p> <p><b>Take 4 mg</b></p> <p>4 mg</p> 	<p><b>Continue typical maintenance dose of 16-24 mg</b></p> <p>16-24 mg</p> 
<ul style="list-style-type: none"> <li>Put the strip(s) under your tongue. Do NOT swallow.</li> <li>Keep it there until fully dissolved (about 15 min), then wait for 2 hours total.</li> <li>Do NOT eat, drink, or talk while strip is dissolving.</li> </ul>	<ul style="list-style-type: none"> <li>If still feeling sick, take another 4 mg and wait 2 hours.</li> </ul>	<ul style="list-style-type: none"> <li>Take another 4 mg <b>only if needed</b>.</li> <li><b>Stop after this dose.</b></li> </ul> <p><b>Take up to 24 mg on Day 2, if needed.</b></p>	



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

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



Balanced information for better care

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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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