





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>Take 1st dose</p> <p>4 mg</p>	<p>Wait 1 hour</p> 	<p>Still feel sick?</p> <p>Take 2nd dose</p> <p>4 mg</p>	<p>Wait 2 hours</p> 
<p>Still uncomfortable?</p> <p>Take 3rd dose</p> <p>4 mg</p>	<p>Wait 2 hours</p> 	<p>Still uncomfortable?</p> <p>Take 4th dose</p> <p>4 mg</p>	

- 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.




- 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

STEP 1	STEP 2	STEP 3	
<p>Take total dose from Day 1</p> <p>4-16 mg</p>	<p>Wait 2 hours</p> 	<p>Still feel sick?</p> <p>Take 4 mg</p> <p>4 mg</p>	<p>Wait 2 hours</p> 
<p>Still uncomfortable?</p> <p>Take 4 mg</p> <p>4 mg</p>			

- 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.

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


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

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

Day 3+

Continue typical maintenance dose of 16-24 mg

16-24 mg



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.