

**Suboxone (Buprenorphine-Naloxone) Self-guided Induction Protocol
July 2021**

How to take your medicine:

Do not eat, drink, or smoke for 15 minutes before and 15 minutes after taking your medicine. Let the tablet or strip fully melt in your mouth. Try not to swallow or talk as you will take in less medicine.

Suboxone® Start (“Micro-Induction”):

You will start with a small amount. You will slowly increase the amount you take. You can use other opioids and slowly stop them by the end of the first week.

DAY 1

Cut the 2 mg Suboxone® strip into 4 pieces. You should take 2 doses on your first day.



If you had your first dose in the emergency room: Take one small piece (one quarter) 10-12 hours after your first dose. This is 0.5 mg. This will be a total of 1mg DAY1.

If you are starting your first dose at home: Start by taking 1 small piece (one quarter) of a strip. This is 0.5 mg. Take one more small piece (one quarter) 10-12 hours after your first dose. This will be a total of 1mg DAY1.

DAY 2



Take a new strip. Cut it in half. Take 1 of the two pieces (1 mg) two times in the morning and the evening today.

This will be a total of 2mg DAY 2.

DAY 3



Take a full 2mg strip (do not cut) two times, once in the morning and once in the evening today.

This will be a total of 4mg DAY 3.

DAY 4

Take a 2 mg strip (do not cut) three times today in the morning, lunchtime and dinner/evening. This is a total of 3 doses. This will be a total dose of 6mg DAY 4.

DAY 5

Take two (2) 2 mg strips in the morning (4mg). Then take two (2) 2mg strips in the evening (4mg). This will be a total dose of 8mg DAY5.

DAY 6

Take two (2) 2mg strips four times today. This is a total of 3 doses. This will be a total dose of 12mg DAY 6.

DAY 7

Take four (4) 2mg strips in the morning. Then take four (4) 2mg strips in the evening. This is a total dose of 16mg DAY 7.

DAY 8

By this time you should be able to decrease other opioids without having significant withdrawal. If you're still having cravings or using opioids we will discuss this with your follow up care team so we can adjust the dose and your treatment plan.

What to do if you have precipitated withdrawal?

You will know that you have this if you start to feel very sick. Severe symptoms may be: aches/pains, vomiting, diarrhea, chills, stomach pains, yawning, runny nose, watery eyes.

For many people with severe withdrawal additional suboxone will be helpful and you can take a higher dose (8 full strips) at the same time.

If your symptoms do not get better or you're feeling very sick, you should return to the emergency room.

Other important things to know:

- Keep your Suboxone® in a safe place. Keep away from children and other adults.
- Do not take other medicines or substances that make you sleepy. These may be alcohol or medicines for anxiety (like Xanax® and Klonopin®), sleep or pain.
- Make sure that you have Narcan. You and others you spend time with should know how to use it. If you need more Narcan, ask your provider.