

Suboxone (Buprenorphine-Naloxone) Self-guided Induction Protocol

If you need support or linkage to care after your emergency department visit, call the **Recovery Connect Hotline at 484-278-1679** to speak with a substance use navigator.

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.

Low Dose Suboxone® Start (“Micro-Induction”):

You will start with a small amount of Suboxone and increase gradually over several days. You do not have to be in withdrawal to start, and you may use other opioids to comfort while your suboxone dose is going up.

You can follow the directions below or you can increase your dose of Suboxone more quickly or slowly if needed.

DAY 1

How to take your first dose

Cut the 2 mg suboxone strip into 4 pieces.



If you had your first dose in the emergency room: Start by taking 1 small piece (one quarter) of a strip about 4-6 hours after your dose in the emergency room. This is 0.5 mg.

If you are starting your first dose at home: Take one small piece (one quarter) of a strip. This is 0.5 mg.

After your first dose

Take another small piece (one quarter) every 6 hours for the first day. Your total daily dose will be 2 mg.

DAY 2

Cut your 2 mg suboxone strip into 2 pieces.



Take one piece (1 mg) every 6 hours on Day 2. Your total daily dose will be 4 mg.

DAY 3

Take a full 2 mg strip (do not cut).



Take 2 mg every 6 hours. Your total daily dose will be 8 mg.

DAY 4 and Beyond

Take 8 mg (4 strips) twice per day.

Continue this as your planned daily dose. By this time, you should be able to decrease other opioids without having significant withdrawal. If you're still having cravings or using opioids, discuss this with your provider at your follow-up visit and they will decide if you need to adjust your dose.

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.