

Subutex (Buprenorphine) Beginning Treatment Pamphlet

Instruction

- Please read the entire pamphlet before you start your Subutex
- Follow precisely all the direction as described in this pamphlet
- Please schedule your next appointment after 2-3 day from starting the Subute
- If you expect that you will run out of medication, call the office immediately
- Never let yourself run out of medication on weekend or holidays, if the office closed will not be able to help you
- Subutex preauthorization may take up to 24 hour, always allow us enough time to sever you
- Make sure to inform us with any problem in timely manner, if you felt bad or you have severe withdraw symptoms, come to the office or go to ER immediately
- Please call us on day one and two after you start the medication to keep us informed about your progress
- Keep your medications in safe place

Subutex (Buprenorphine) Beginning Treatment

Day One:

Before taking a Subutex tablet you want to feel lousy from your withdrawal symptoms. Very lousy. It should be at least **12 hours since you used heroin or pain pills** (oxycontin, vicodin, etc.) and at least 24 hours since you used methadone. Wait it out as long as you can. The worse you feel when you begin the medication, the better it will make you feel and the more satisfied you will be with the whole experience.

You should have at least 3 of the following feelings before you start the medication:

- Twitching, tremors or shaking
- Joint and bone aches
- bad chills or sweating
- anxious or irritable
- goose pimples
- very restless, can't sit still
- heavy yawning
- enlarged pupils
- runny nose, tears in eyes
- stomach cramps, nausea, vomiting or diarrhea

First Dose: 4 mg of Subutex under the tongue.

This is one half of an 8 mg tablet or two 2 mg tablets

Put the tablet (one half tablet of 8mg tabs, or two tablets if 2mg tabs) under your tongue. Keep it there. If you swallow Subutex tablets they will not work, the medicine is best absorbed through the thin skin on the bottom of your tongue.

It takes 20-45 minutes for the medication to be absorbed and have an effect. Feel better? Good, the medicine is working. Still feel lousy after 45 minutes? Don't worry, you just need more medication.

At 1-4 hours (60-240 minutes) after your first dose, see how you feel. If you feel fine after the first 4 mg, don't take any more, this may be all you need. If you have withdrawal feelings, take another 4 mg dose under your tongue.

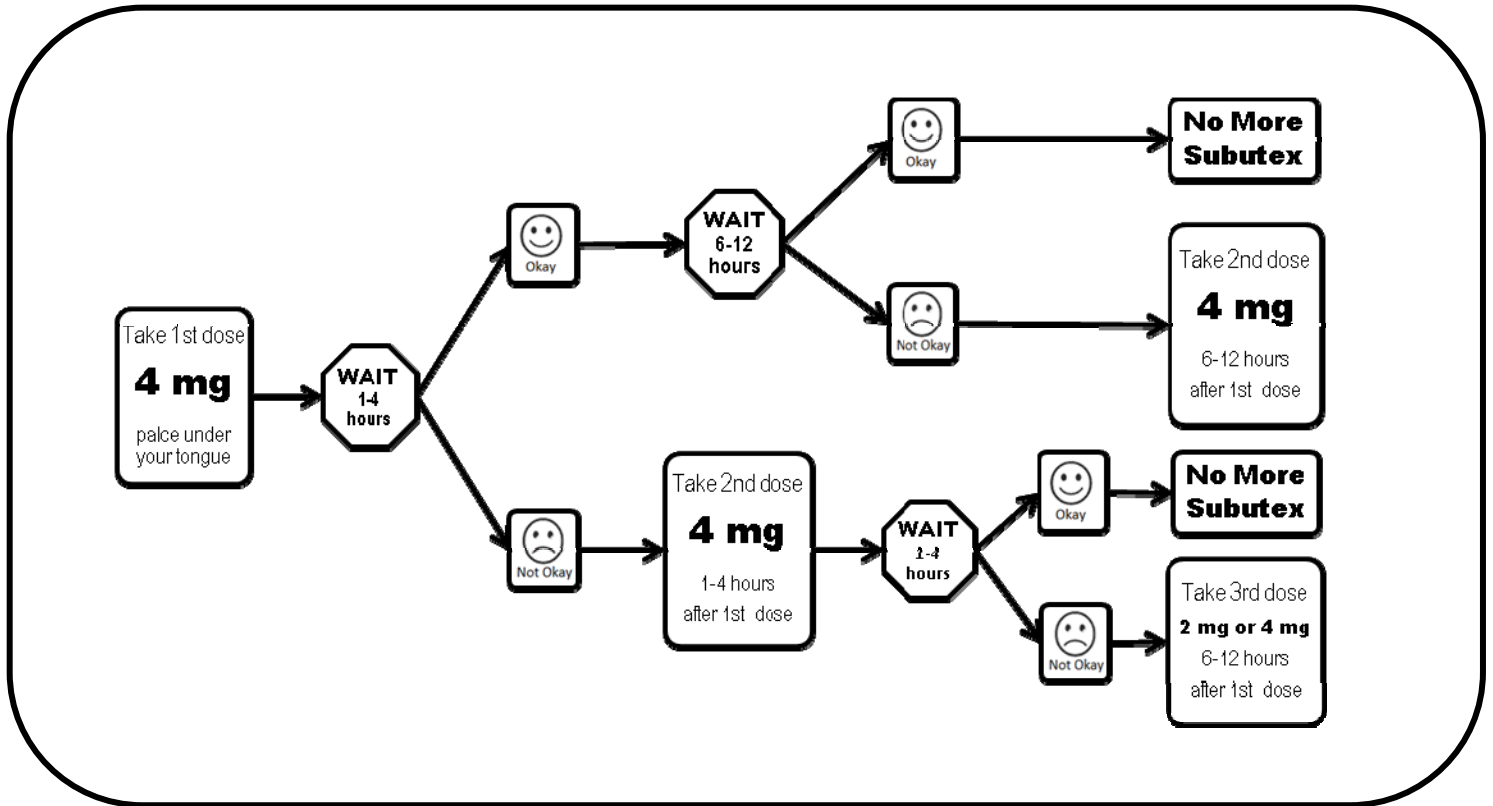
Later in the day (6-12 hours after the first dose), see how you feel again. If you feel fine, don't take any more. If you have withdrawal feelings, take another 2 or 4 mg dose under your tongue.

Do not take more than 12 mg of Subutex on the first day

Most people feel better after the 4-12 mg on the first day. Still feel really bad, like a bad withdrawal? **Call your doctor right away**, you can call at any time during the day if you are having difficulty.

Day One Summary:

Take 4 mg under your tongue, wait 1-4 hours. If still feel sick, take 4 mg again. Wait 1-4 hours. If still sick, take 2-4 mg again. Do not take more than 12 mg on Day 1.



	Time	Amount
1st dose		4 mg
2nd dose (if needed)		
3 rd dose (if needed)		
Total Day One Dose Taken		

No more than 12 mg of Subutex on Day One

**Still feel really bad?
Call the office at
(304) 766-9600
Or go to ER**

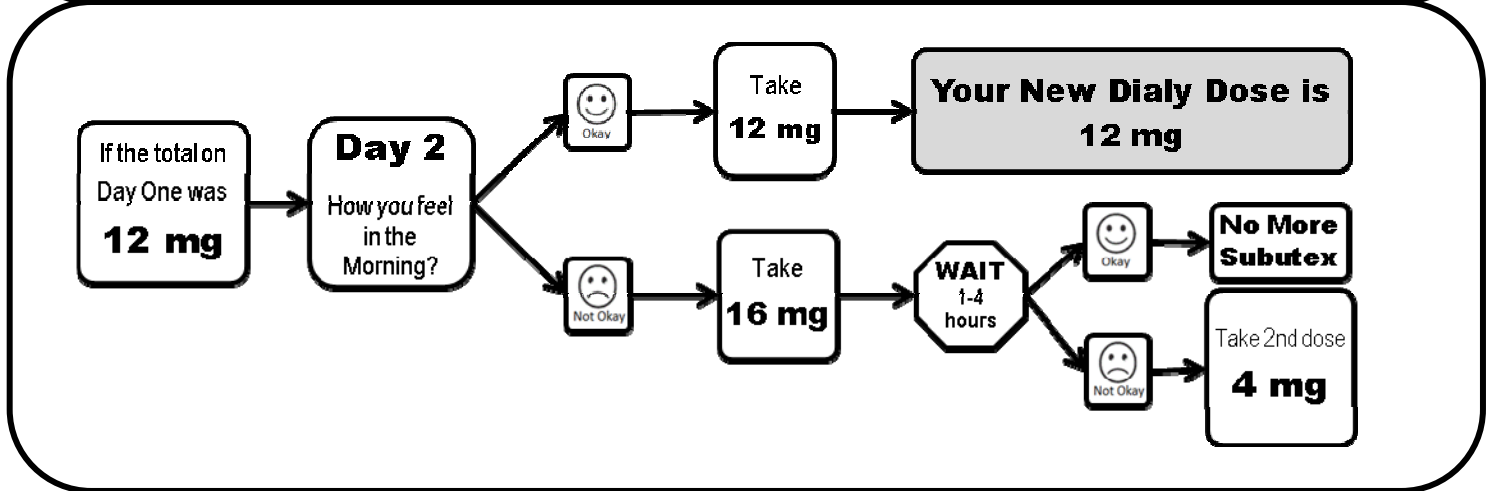
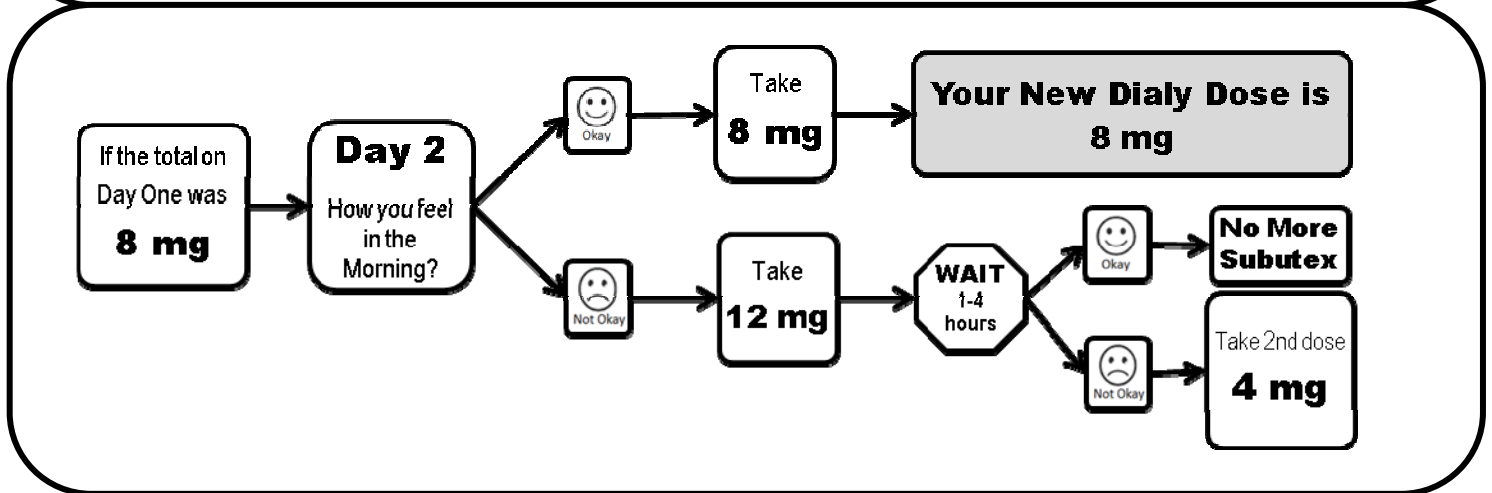
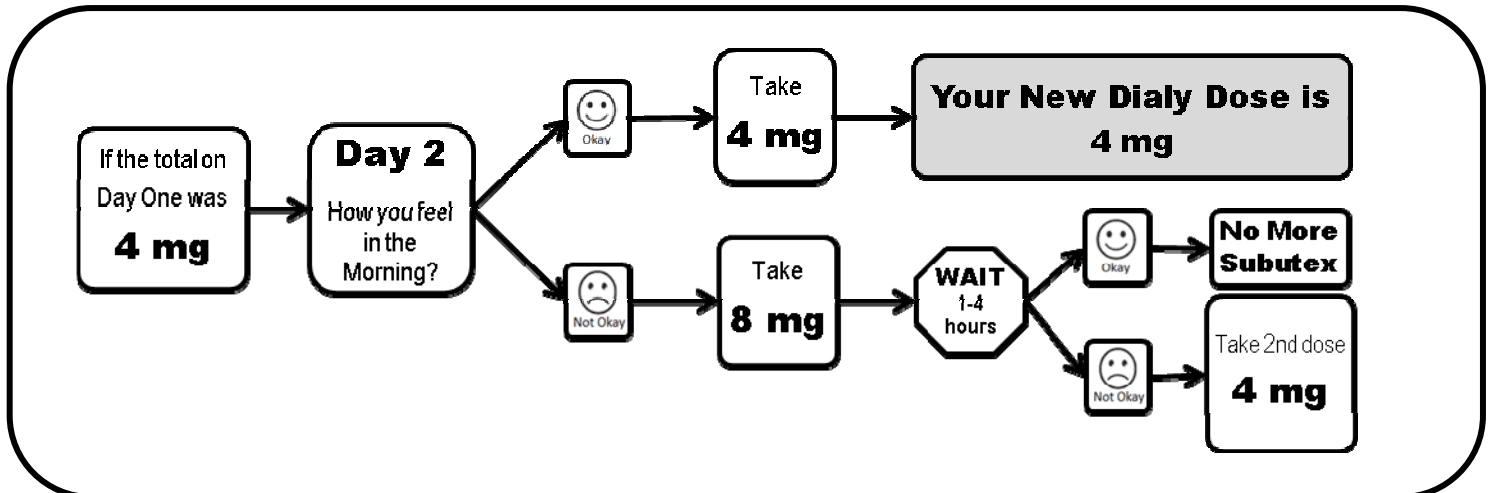
Day Two:

On Day Two, the right dose depends on how you felt on Day One:

<p>If the total on Day One was</p> <p>4 mg</p>	<ul style="list-style-type: none">- If you took 4 mg total on Day 1 and feel fine the next morning, then take 4 mg again on Day 2. This will be your new daily dose.- If you took 4 mg total on Day 1 and feel some withdrawal the next morning, then try starting with 8 mg on the morning of Day 2.- Later in the day on Day 2, see how you feel. If you feel fine, there is no need to take more. If you still feel withdrawal, you can try taking another 4 mg dose.
<p>If the total on Day One was</p> <p>8 mg</p>	<ul style="list-style-type: none">- If you took 8 mg total on Day 1 and feel fine the next morning, then take 8 mg again on Day 2. This will be your new daily dose.- If you took 8 mg total on Day 1 and feel some withdrawal the next morning, then try starting with 12 mg on the morning of Day 2.- Later in the day on Day 2, see how you feel. If you feel fine, there is no need to take more. If you still feel withdrawal, you can try taking another 4mg dose.
<p>If the total on Day One was</p> <p>12 mg</p>	<ul style="list-style-type: none">- If you took 12 mg total on Day 1 and feel fine the next morning, then take 12 mg again on Day 2. This will be your new daily dose.- If you took 12 mg total on Day 1 and feel some withdrawal the next morning, then try starting with 16 mg on the morning of Day 2.- If you ran out of medications, remember to call our office and make appointment next morning as early as possible.

Day Two Summary:

Take 4-16 mg total, depending on how much you took on Day 1.



	Time	Amount
1st dose		
2nd dose (if needed)		
Total Day Two Dose Taken		

**Still feel really bad?
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Or go to ER**

Day Three:

On Day Three, the right dose for you depends on how you felt on Day 2.

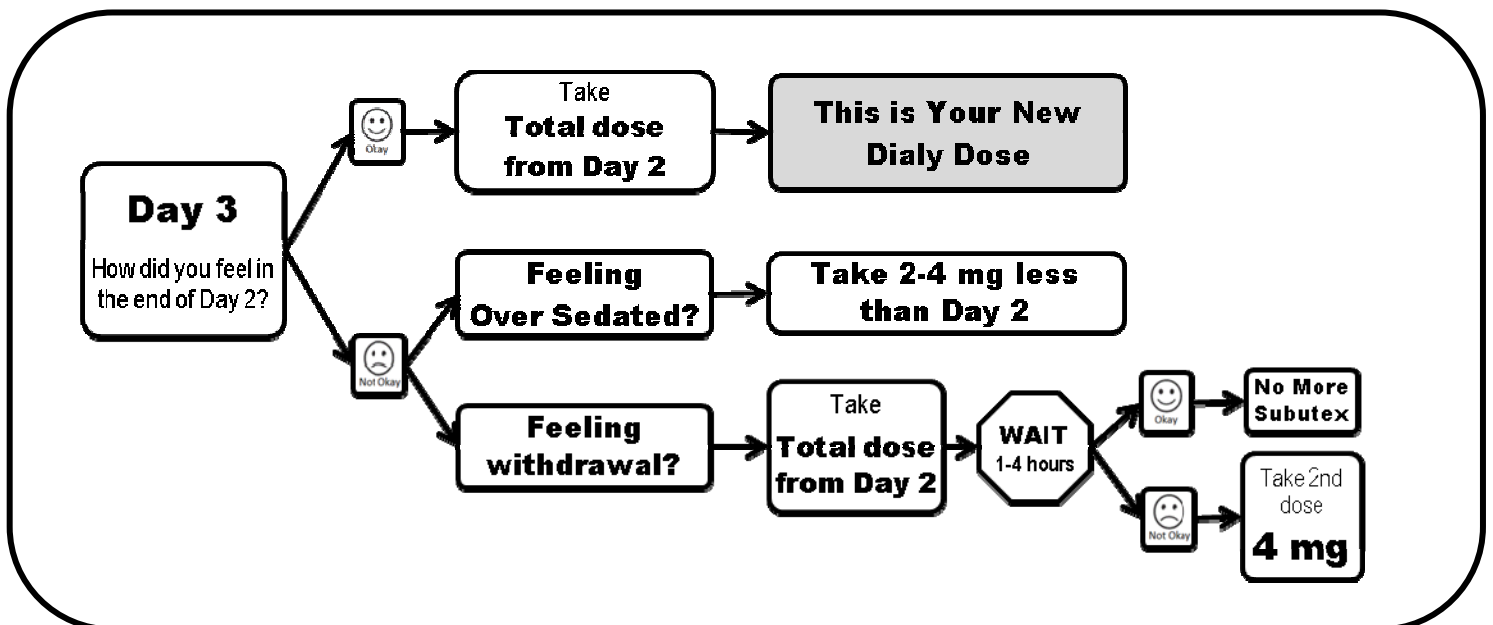
Did you still feel like you were in some withdrawal by the evening or night of Day 2?
Or did you feel like the medication was too strong, leaving you too groggy or sedated?

Different people need different doses of Subutex: some feel fine on just 4 mg per day, and others can more to feel comfortable.

- If you felt good at the end of Day 2, repeat the dose you took on Day 2. This is your new daily dose.
- If you felt tired, groggy, or over sedated on Day 2, try taking a lower dose on Day 3. Take 2-4 mg less on Day 3 than you took on Day 2.
- If you still felt some withdrawal at the end of Day 2, start Day 3 by taking the same total dose you took on Day 2.
- If you still have withdrawal symptoms later on Day 3, take another 4 mg later.

Day Three Summary:

Take the total Day 2 dose. You can try a little less if the Day 2 dose felt too strong, and you can take an extra 4 mg dose if you still feel withdrawal.



	Time	Amount
1st dose		
2nd dose (if needed)		

Total Day Three Dose Taken This is your new daily dose	
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**Still feel really bad?
Call the office at
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Or go to ER**

★ Never take more than 24 mg of Subutex in one day.

Subutex (Buprenorphine) Home Induction Consent

- I Certify, I received an illustrated home induction pamphlet summarized induction dosing and step by step induction method.
- I will follow precisely all the instruction in the pamphlet.
- I understand, I shouldn't start the medication (Subutex) before I feel the withdrawal symptoms as described to me and read in the pamphlet, at least **12 hours after used heroin or pain pills** and at least 24 hours after used methadone.
- I will not take more than 12 mg (1.5 tablets) in the first day of the treatment, and no more than 24 mg in any given day.
- I will call the office immediately if the initial treatment was unsuccessful to complete it under my physician supervision in the office.
- I will go to emergency room if I felt bad or sick.
- All risk, benefit, safety, side effect, complication, expectations was explained to me in details.

Name

Signature

Witness