



### When to Take Your First Dose of Suboxone

- In order for suboxone to work and not make you feel much sicker (“precipitated withdrawal”) **you want to feel lousy from your withdrawal symptoms before you take your first dose.**
- It should be **at least 12 hours since you last used heroin/pain pills** (oxycontin, dilaudid, T3, etc)
- It should be **at least 24 hours since you last used methadone/kadian** or other long acting downers/opioids
- **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



### Before you take your First Dose, you should have **at least 3 of the following feelings**

- |                                 |  |
|---------------------------------|--|
| • Twitching, tremors or shaking | • Goose bumps                                  |
| • Joint and bone aches          | • Very Restless, can't sit still               |
| • Bad chills or sweating        | • Heavy Yawning                                |
| • Anxious or irritable          | • Enlarged Pupils                              |
| • Runny Nose, tears in eyes     | • Stomach cramps, nausea, vomiting or diarrhea |

### How to Take the Suboxone Pill

- Put the tablet under your tongue and keep it there
- **If you swallow the pill it does not work** and will have no effect!
- It takes between 3-10 minutes for the tablet to dissolve and be absorbed fully through your mouth—don't swallow during this whole time!
- You should start feeling better in about 30-45 minutes, but it will continue to increase in effect for the next 1-3 hours