

# PATIENT INFORMATION:

## Suboxone Self Start Instructions

### PATIENT TO TAKE THIS PAGE

*Instructions for dosing up to six (6) 2mg Suboxone tablets dispensed from your pharmacy*

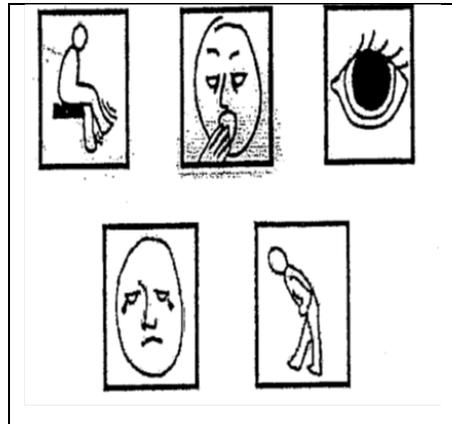
#### **TAKING YOUR FIRST DOSE OF SUBOXONE:**

1. Wait until you feel sick from withdrawal symptoms. The worse your withdrawal symptoms, the better the Suboxone will work.
2. **Failure to wait until your withdrawal symptoms will lead to the Suboxone making you feel much worse!** You should wait at least 4 days after last using Methadone and 24 hours for Fentanyl/Heroin or Kadian.
3. Do not take Suboxone with alcohol or sedating medication like Ativan or Valium.

#### **CHECK IF YOU ARE READY:**

You should have at least three (3) of the following feelings when you take your first dose.

- ❑ Twitching, tremors or shaking
- ❑ Joints and bone aches
- ❑ Bad chills or sweating
- ❑ Anxious or irritable
- ❑ Good bumps
- ❑ Very Restless, can't sit still
- ❑ Heavy Yawning
- ❑ Enlarged Pupils
- ❑ Runny nose, tears in eyes
- ❑ Stomach cramps, nausea, vomiting or diarrhea



#### **TAKING THE PILLS:**

1. Moisten your mouth with water.
2. Put one (1) tablet under your tongue. Keep it there until dissolved.
3. **If you swallow the pill it will not work.**
4. It will take 3-10 minutes for tablet to dissolve and be absorbed through your mouth (do not swallow it!).
5. Medication will take effect in 30-45 minutes, and will increase in effect for the next 1-3 hours.
6. **If you feel worse:** You may have started Suboxone too soon after using opioids! Continue taking ½ pill every hour for the next four (4) hours. You may call Raven Song Community Health Centre to request a call back from the Clinician Of the Day at **Phone : 604-872-7984.**
7. If you are better but still feeling sick after 1 hour you may take one (1) additional tablet under your tongue.
8. After two (2) hours if you still feeling sick you may take one (1) additional tablet under your tongue. You can continue taking another tablet every hour until you have reached six pills(12mg) in total for the first day.
9. Follow up with Raven Song clinic in the next 24 hours.