

# PATIENT INFORMATION: Suboxone Self Start Instructions

## PATIENT TO TAKE THIS PAGE

*Instructions for dosing up to eight (8) 2mg Suboxone tablets dispensed from ER*

### TAKING YOUR FIRST DOSE OF SUBOXONE:

1. Wait until you feel sick from withdrawal symptoms. The worse your withdrawal symptoms, the better the medicine will work.
2. **Failure to wait until you feel withdrawal symptoms will lead to the Suboxone making you feel much worse!**
3. To determine if you are ready to start Suboxone, use the SOWS scale tool (Self-Administered Opioid Withdrawal Scale) on page 2. Only start Suboxone if your score on this scale is 17 or higher.
4. **DO NOT TAKE SUBOXONE WITH ALCOHOL OR SEDATING MEDICATION LIKE ATIVAN OR VALIUM**

### TAKING THE PILL:

1. Moisten your mouth with water.
2. Put one 1 or 2 tablets 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 next 1-3 hours.
6. **If you feel worse: STOP!** You may have started Suboxone too soon after using opioids.
7. If you are better but still feeling sick after 1 hour you may take 1 or 2 additional tablets under your tongue.
8. After 2 hours if you are still feeling sick you may take 1 additional tablet under your tongue.
9. Follow up with the addictions clinic you were referred to in the next 24 hours (see referral information).