






HOW TO TAKE BUPRENORPHINE

Read these instructions and reminders carefully before taking your first dose of buprenorphine. If you are unsure of the correct dosing, please refer to your provider's instructions or call our nurse care team for assistance before proceeding.

If you have questions or concerns about your medication, please contact our nurse care team any time day or night, at **1-877-522-1275**.


BEFORE


For **30 MINUTES BEFORE** dosing,
DO NOT:

-  Brush your teeth
-  Drink coffee
-  Drink cloudy liquids like milk or coffee creamer
-  Eat yogurt
-  Use tobacco or vaping products


These may reduce or block absorption of your medication.


DOSING


 Drink a few sips of warm water before taking your medication.

 Place film strip or tablet **UNDER** your tongue and let it dissolve completely.

 When completely dissolved, set your timer for **15-20 minutes**.




 **DO NOT** spit, swallow, eat, smoke, vape, or drink during this time.

 After **15-20 minutes**, spit out any remaining saliva then take a large sip of water, swish it around your teeth and gums and swallow.

 Repeat the steps above for each film strip or tablet.


AFTER

For **30 MINUTES AFTER** dosing,
DO NOT:

-  Drink any liquids
-  Eat any foods
-  Use tobacco or vaping products

These may reduce or block absorption of your medication.

1 HOUR AFTER dosing, **DO:**

-  Brush your teeth to remove any traces of the medication.

REMINDERS

- **Don't combine opioids with other substances.** The use of opioids, including buprenorphine, with alcohol or sedatives such as benzodiazepines (Xanax, Ativan, Valium), nerve pain medications (Lyrica, Gabapentin), and prescription sleep medications (Ambien, Lunestra) may increase the risk of respiratory depression, which can be fatal.
- **Avoid other opioids.** When using the conventional initiation method, any other medication or substances that contain opioids should be avoided, unless approved by your provider.
- **Check before starting new medications.** Speak with your provider before starting any new medication while taking buprenorphine.
- **Safe storage is critical.** Store your prescriptions away from other people, especially children, preferably in a secure location such as a lockbox or safe. We cannot replace lost or stolen medication.
- **Protect your teeth.** Buprenorphine may cause tooth decay. After the medicine has been under the tongue for 15-20 minutes and is completely dissolved, spit out any remaining saliva. Then, take a large sip of water, swish it around your teeth and gums, and swallow. Wait one hour before brushing your teeth.