



# GETTING STARTED ON BUPRENORPHINE: *Conventional Initiation Method* for New Patients

Patient Name \_\_\_\_\_ Provider Name \_\_\_\_\_ Date \_\_\_\_\_

For Conventional initiation, it is essential that your last use of opioids is 18-72 hours before your first dose of buprenorphine and that you are in severe withdrawal, with at least two of the following signs: large pupils, goosebumps, runny nose & tearing, sweating, vomiting, diarrhea, or yawning.

The longer you can wait before your first dose of buprenorphine after your last use of opioids, the greater likelihood you'll successfully initiate using the Conventional method.

**24** **If you use short-acting opioids like Percocet (oxycodone), Vicodin (hydrocodone), heroin, or kratom**  
Stop use **18-24 HOURS** before your first dose of buprenorphine.

**72** **If you use long-acting opioids or fentanyl**  
Stop use **36-72 HOURS** before your first dose of buprenorphine.

After 18-72 hours have elapsed since your last use (depending on the type of opioid) and you are in severe withdrawal, follow these instructions:

**STEP ONE**

Take 2 mg (\_\_\_\_ strips or tablets) of buprenorphine, and wait 60-90 minutes.

**STEP TWO**

After 60-90 minutes, take another 2-4 mg (\_\_\_\_ strips or tablets) of buprenorphine.

**STEP THREE**

Continue to take 2-4 mg doses (\_\_\_\_ strips or tablets) every 60-90 minutes, up to the daily amount prescribed to you by your provider.

**NOTE: If your withdrawal symptoms get significantly worse after the first 1-2 doses of buprenorphine, reach out to the Nurse Care Team at 1-877-522-1275 (press #1, then #6) to discuss an alternative initiation method.**

### Earliest Buprenorphine Start Time

Start taking buprenorphine no earlier than (time) \_\_\_\_\_ on (day) \_\_\_\_\_

**Additional Prescriptions** (circle all that apply)

You have also been prescribed medication for overdose and withdrawal symptoms.

**Medications for most patients:**

<b>Narcan</b> ( <i>naloxone</i> ) in case of overdose	<b>Clonidine</b> for restlessness, hot flashes, shakiness, tremor, sweating, goosebumps, runny nose, tearing	<b>Vistaril</b> ( <i>hydroxyzine</i> ) for anxiety	<b>Zofran</b> ( <i>ondansetron</i> ) for nausea	<b>Neurontin</b> ( <i>gabapentin</i> ) for restlessness, anxiety, sleep disturbance
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**Additional medications for some patients with targeted symptoms:**

<b>Bentyl</b> ( <i>dicyclomine</i> ) for abdominal cramping	<b>Advil/Motrin</b> ( <i>ibuprofen</i> ) for muscles aches, joint pain, and headache	<b>Remeron</b> ( <i>mirtazapine</i> ) for insomnia
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**Daily Dose (Day 2 and Onward):** Take \_\_\_\_ mg (\_\_\_\_ strips or tablets) once daily.

## ADDITIONAL INFORMATION

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**Prescription Pick-Up**

Your prescription should be sent to the pharmacy shortly after your appointment. If your prescription is not ready for pick-up within a few hours, please call 1-877-522-1275 (press #1, then #3).

**Next Visits**

Please schedule your virtual, New Patient Next Day Follow-Up appointment for (date): \_\_\_\_\_

Please schedule your next in-clinic visit for (date): \_\_\_\_\_

**Nurse Care Manager**

Your New Patient Next Day Follow-Up appointment will likely address many of your concerns or questions related to dosing and/or withdrawal symptoms. However, feel free to reach out to a nurse at any time by calling 1-877-522-1275 (press #1, then #6).