



GETTING STARTED ON BUPRENORPHINE: *High Dose Initiation Method* for New Patients

Patient Name _____ Provider Name _____ Date _____

The High Dose initiation method involves discontinuing use of opioids, waiting until you experience severe withdrawal, and then taking a large initial dose of buprenorphine on DAY 1. After this, you will take your regular, daily maintenance dose on DAY 2 and each day thereafter.

This method may be right for you if:

- You are dependent on fentanyl
- You are not currently using methadone (High Dose initiation is not recommended if you have recently taken methadone)
- You and your provider agree this method is most appropriate for your situation

Wait for severe withdrawal, including at least two of the following signs, before following the DAY 1 dosing method below.

- Large pupils
- Goosebumps
- Runny nose & tearing
- Sweating
- Vomiting
- Diarrhea
- Yawning

Severe withdrawal often occurs between 6-36 hours after last fentanyl use. If you feel your withdrawal is “not that bad”, it is likely too soon to start taking buprenorphine. Starting too soon puts you at risk of feeling worse for a short period of time.

DAY 1 DOSING METHOD FOR FENTANYL USERS

STEP 1

Wait for severe withdrawal, including at least two of the signs listed above.

STEP 2

Take 16 mg (2 strips or tablets) of buprenorphine and wait 1 hour.

STEP 3

Take another 8 mg (1 strip or tablet) of buprenorphine and wait 1 hour.

STEP 4

If needed, take another 8mg (1 strip or tablet) of buprenorphine.

DO NOT REPEAT! The maximum total dose for DAY 1 is 32mg (4 strips or tablets).

Additional Prescriptions (circle all that apply)

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

Medications for most patients:

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

Bentyl (<i>dicyclomine</i>) for abdominal cramping	Advil/Motrin (<i>ibuprofen</i>) for muscles aches, joint pain, and headache	Remeron (<i>mirtazapine</i>) for insomnia
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DAILY DOSE (DAY 2 AND ONWARD)

Daily Dose: Take _____ mg (_____ strips or tablets) once daily

This is the maintenance dose that you will take every day while receiving medication assisted treatment at Ideal Option.

ADDITIONAL INFORMATION

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).