



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

Patient Name _____ Provider Name _____ Date _____

The Low Dose initiation method involves maintaining your baseline use of opioids while gradually increasing your dose of buprenorphine over seven days.

This method may be right for you if:

- You are transitioning from methadone to buprenorphine
- You have tried and failed High Dose initiation in the past
- You and your provider agree this method is most appropriate for your situation

If any of the above statements apply to you, you can start Low Dose initiation immediately after you pick up your prescription, regardless of when you last used opioids.

IMPORTANT!

As you increase your dose of buprenorphine during Low Dose initiation, it is important to maintain your baseline use of opioids (e.g. fentanyl or methadone) for as long as it takes you to reach your target dose of buprenorphine. Opioid use should stop once your target buprenorphine dose is reached. If you experience severe withdrawal symptoms, reach out to the Nurse Care Team at 1-877-522-1275 (press #1, then #6) to discuss an alternative initiation method.

Buprenorphine Start Time

Start taking buprenorphine at (time) _____ on (day) _____

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Take ½ mg every 12 hours	Take 1 mg every 12 hours	Take 1 mg every 8 hours	Take 2 mg every 8 hours	Take 4 mg every 8 hours	Take 8 mg every 12 hours	Take 8 mg every 8 hours Stop baseline daily opioid use

Additional Prescriptions (circle all that apply)

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

Narcan
(naloxone)
in case of overdose

Clonidine
for restlessness, hot flashes, shakiness, tremor, sweating, goosebumps, runny nose, tearing

Vistaril
(hydroxyzine)
for anxiety

Zofran
(ondansetron)
for nausea

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): _____

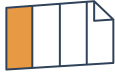
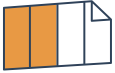

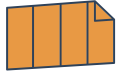

Please schedule your next in-clinic visit for (date): _____

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).






2-0.5mg FILM STRIP

If you have buprenorphine-naloxone 2-0.5mg film strips (generic or Suboxone®) follow these dosing instructions. You will need to slice your film strips for the first 3 days.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 & 7 We will send a new prescription for 8mg film strips or tablets.
How Much Do I Take?	 ¼ film strip (0.5mg)	 ½ film strip (1mg)	 ½ film strip (1mg)	 1 film strip (2mg)	 2 film strips (4mg)	
How Often Do I Take It?	Every 12 hours (2 doses per day)	Every 12 hours (2 doses per day)	Every 8 hours (3 doses per day)	Every 8 hours (3 doses per day)	Every 8 hours (3 doses per day)	
What Is The Total Daily Dose?	½ film strip (1mg)	1 film strip (2mg)	1½ film strips (3mg)	3 film strips (6mg)	6 film strips (12mg)	

8-2mg FILM STRIP

If you have buprenorphine-naloxone 8-2mg film strips (generic or Suboxone®) follow these dosing instructions. You will need to slice your film strips.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6 & 7 We will send a new prescription for 8mg film strips or tablets.
How Much Do I Take?	 1/16 film strip (0.5mg)	 1/8 film strip (1mg)	 1/8 film strip (1mg)	 ¼ film strip (2mg)	 ½ film strip (4mg)	
How Often Do I Take It?	Every 12 hours (2 doses per day)	Every 12 hours (2 doses per day)	Every 8 hours (3 doses per day)	Every 8 hours (3 doses per day)	Every 8 hours (3 doses per day)	
What Is The Total Daily Dose?	1/8 film strip (1mg)	¼ film strip (2mg)	3/8 film strips (3mg)	¾ film strips (6mg)	1½ film strips (12mg)	