



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 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:

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>dicylomine</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): Take ____ mg (____ strips or tablets) once daily.

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.

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.