



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 at any time by calling **1-877-522-1275**.

BEFORE

For **30 MINUTES BEFORE** dosing:

DO NOT:

-  Brush your teeth
-  Drink any liquids
-  Eat any foods
-  Smoke, use vaping products, or chew tobacco

These may reduce or block absorption of your medication.

DO:

Right before dosing:

-  Wash or sanitize your hands

DOSING



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



Place the strip or tablet under your tongue. If your dose requires two strips/tablets, place one on each side under the tongue. **Do not place more than two strips/tablets in your mouth at a time.**



DO NOT talk, swallow, spit, or put anything in your mouth while the medication is dissolving.



DO NOT lay down while the medication is dissolving. Rather, stay upright.



When the medication is completely dissolved, spit out any accumulated saliva.



If your dose requires more than two strips or tablets, complete dosing with the first two strips/tablets, and then repeat the steps above for any additional medication.



After spitting, take a large sip of water, swish it around your teeth and gums, and swallow.

AFTER

After dosing, it's OK to:



Drink any liquids



Eat any foods



Smoke, use vaping products, or chew tobacco

After dosing, **WAIT 1 HOUR, and then:**



Brush your teeth to remove any traces of the medication.



Position the camera on your phone over this QR code to watch a video on how to take your 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, Lunesta) may increase the risk of respiratory depression, which can be fatal.
- **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 completely dissolved, spit out any accumulated saliva. Then, take a large sip of water, swish it around your teeth and gums, and swallow. Wait one hour before brushing your teeth.

Receiving an injection is another way to take buprenorphine, without having to worry about safe storage, dental decay, or daily dosing instructions. For more information, ask your provider.