



# GETTING STARTED ON BUPRENORPHINE: *Direct-to-Inject (DTI) Initiation Method*

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

The Direct-to-Inject (DTI) method for opioid use disorder starts treatment using Brixadi, a long-acting buprenorphine injection, instead of the usual buprenorphine strips or tablets. With DTI, you can receive your first Brixadi injection shortly after recent opioid use (ideally at least 6 hours after last use and when you are in withdrawal) without needing to start on strips or tablets first.

### Starting Treatment with DTI (Instead of Strips or Tablets) Has Many Benefits:

- Faster, easier, and less confusing
- Lower risk of causing sudden (precipitated) severe withdrawal
- Provides a full week of medication without the difficulty of daily dosing
- Helps control withdrawal symptoms and lowers the risk of overdose

### How DTI Works:

<p>Following Last Opioid Use (Ideally 6+ Hours After Use and When You Are In Withdrawal)</p>	<p>⇒ 0 - 24 Hours After Injection</p>	<p>⇒ 24 Hours After Injection</p>
<p>Receive the 1st Brixadi weekly injection in clinic</p>	<p>Take withdrawal medications regularly</p>	<ul style="list-style-type: none"> <li>• You should feel significantly better</li> <li>• Start taking prescribed buprenorphine strips or tablets as needed to supplement the injection</li> </ul>

### DTI initiation *may be* right for you if you have opioid use disorder (OUD) and:

- Have trouble starting buprenorphine strips or tablets, or do not take them regularly
- Are physically dependent on opioids
- Are new to treatment, early in recovery, or at risk of dropping out of treatment
- Are at higher risk of overdose due to ongoing opioid use
- Have taken buprenorphine before without issue
- Prefer a medicine that does not contain naloxone

### DTI initiation *is not* the right method if you:

- Do not have a diagnosis of OUD
- Are not physically dependent on opioids
- Have never taken buprenorphine before
- Cannot safely receive long-acting injectable buprenorphine
- Have taken methadone within the past 7 days

## WHAT TO EXPECT: 0 - 24 HOURS AFTER INJECTION

- **You May Feel:** Your withdrawal symptoms may worsen in the first few hours after injection, as more time passes since your last opioid use.
- **What To Do: Take your withdrawal medications** as prescribed.
- **DO NOT use opioids after injection**, especially within the first 6 hours. Using opioids during this time can make withdrawal significantly worse.
- **DO NOT take buprenorphine strips or tablets until at least 24 hours after injection** to avoid the risk of making withdrawal worse, unless directed otherwise.

## WHAT TO EXPECT: 24 - 48 HOURS AFTER INJECTION

- **You May Feel:** You should feel significantly better once the injection reaches full strength, around 24 hours after injection.
- **What To Do: If you have any withdrawal symptoms 24 hours after injection:**
  - » Continue taking withdrawal medications as needed/prescribed
  - » Start taking prescribed buprenorphine strips or tablets

### STEP 1

**Wait at least 24 hours after injection. Taking buprenorphine strips/tablets before 24 hours may worsen withdrawal.**

### STEP 2

**Take 2 mg ( ¼ strip/tablet). Wait 1 hour.**

### STEP 3

**If needed, take another 4-8 mg (½ -1 strip/tablet) of buprenorphine. Wait 1 hour.**

### STEP 4

**If needed, continue taking 4-8 mg (½ -1 strip/tablet) of buprenorphine every hour up to a max of 24 mg (3 strips/tablets) in a 24 hour period.**

**DO NOT** take more than 24 mg in one day (3 strips/tablets)

## WHAT TO EXPECT: DAYS 3-7

**Daily Buprenorphine Dose:** On Days 3-7, take sublingual buprenorphine strips/tablets **as needed to supplement the injection** (up to max dose of 24 mg per day).

- Most patients should see their provider 1-3 days after the first injection to check how the medication is working.
- The 2nd Brixadi weekly injection can be given as early as 5 days after first injection.
- Withdrawal symptoms and cravings improve significantly for most patients after 2-4 injections. Most patients do not need additional buprenorphine strips or tablets after that point.

## ADDITIONAL PRESCRIPTIONS (circle all that apply)

**Buprenorphine Strips or Tablets:** You have been prescribed additional buprenorphine to supplement the injection for the first week.

**Withdrawal Medications:** You have been prescribed the following medications for withdrawal symptoms and overdose reversal:

<p><b>Narcan</b> (<i>naloxone</i>) in case of overdose</p>	<p><b>Clonidine</b> for restlessness, hot flashes, shakiness, tremor, sweating, goosebumps, runny nose, tearing</p>	<p><b>Vistaril</b> (<i>hydroxyzine</i>) for anxiety</p>	<p><b>Zofran</b> (<i>ondansetron</i>) for nausea</p>	<p><b>Neurontin</b> (<i>gabapentin</i>) for restlessness, anxiety, sleep disturbance</p>
<p><b>Bentyl</b> (<i>dicylomine</i>) for abdominal cramping</p>	<p><b>Advil/Motrin</b> (<i>ibuprofen</i>) for muscles aches, joint pain, and headache</p>	<p><b>Remeron</b> (<i>mirtazapine</i>) for insomnia</p>		

## ADDITIONAL INFORMATION

### Prescription Pick-Up

Your prescription for buprenorphine strips or tablets and/or withdrawal medications 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.

While receiving Brixadi injections, contact the Ideal Option Nurse Care Team if you have any of the following symptoms:

- Withdrawal symptoms that are getting worse quickly or are very severe
- Pain, redness, itching, or other skin changes at the injection site

Call 911 or go to the nearest emergency room if you experience extreme sleepiness, dizziness, or trouble with balance or coordination.