



# Starting Buprenorphine at Home for Adolescents (13+)

Buprenorphine (byoo-pruh-nor-feen) is a medication that treats opioid use disorder. It reduces cravings to use other opioids, like fentanyl and oxycodone, and prevents withdrawal. It also blocks the effects of other opioids, which lowers your risk of overdose.

## What to expect

You need to be sick from opioid withdrawal before you take your first dose of buprenorphine. If you take the medication before you are sick enough, you could go into sudden, severe opioid withdrawal, called precipitated withdrawal. People say this feels like the worst flu of your life. Follow the instructions below carefully to avoid precipitated withdrawal.

Plan to be in a comfortable place and have plenty of fluids. If possible, have an adult help you through this process. Take your other prescribed medications to manage symptoms while you wait.

## Other medications to help with symptoms

Symptom(s)	Medication	Amount you can take If needed. Do not take extra.	Time you took it Write in.
Withdrawal, restlessness, anxiety, fast heart rate	Choose one: Clonidine OR Tizanidine	<input type="checkbox"/> 0.1 mg every hour, but no more than 4 doses in a day OR <input type="checkbox"/> 2 mg every 4 hours	TIME OF DOSE: <input type="text"/>
Anxiety, agitation	Hydroxyzine	<input type="checkbox"/> 25-50 mg every 6 hours	TIME OF DOSE: <input type="text"/>
Nausea, vomiting	Ondansetron	<input type="checkbox"/> 4 mg every 4-8 hours	TIME OF DOSE: <input type="text"/>
Belly cramps	Dicyclomine	<input type="checkbox"/> 20 mg every 6 hours	TIME OF DOSE: <input type="text"/>
Diarrhea	Loperamide	<input type="checkbox"/> 4 mg after the first loose stool, then 2 mg after each loose stool after that. Do not take more than 16 mg.	TIME OF DOSE: <input type="text"/>
Aches and pains	Take one or both: Ibuprofen AND/OR Acetaminophen	<input type="checkbox"/> 600-800 mg every 6-8 hours AND/OR <input type="checkbox"/> 325-650 mg every 4-6 hours	TIME OF DOSE: <input type="text"/> AND/OR TIME OF DOSE: <input type="text"/>

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Follow the steps for each day below, and be sure to take each dose correctly, like this:

## Day 1

**Wait until you are in moderate withdrawal, at least 12-24 hours after last opioid use.**

The longer you wait, the better. If you take it too soon, you could precipitate withdrawal. Take other prescribed medications to treat withdrawal symptoms while you wait, and as needed after you get started.

Take **1 tablet/film under your tongue.**



4 mg

**WAIT 30-60 MINUTES**

During this time, some people feel better, some feel the same, and some may feel a little worse. **If you're not feeling better yet**, don't panic – taking more buprenorphine can help. If you suddenly feel much worse, you may have taken it too soon; taking another 8 mg (2 tablets/films) can help by providing more opioid effect. **If you still feel very sick after an hour** or can't keep anything down, have someone drive you to the ER.

If you still have withdrawal symptoms, take another tablet/film (4 mg) once every 30-60 minutes until you feel better.

**DO NOT TAKE more than 4 tablets or films (16 mg) on Day 1.**



4 mg

**TOTAL DAY 1 DOSE:**

## Day 2



**AM**  
Morning

**Take half of the total dose needed on Day 1.**



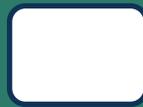
Total Day 1 dose

Half dose



**PM**  
Night

**Take the other half of the Day 1 dose.**



Other half dose

Continue like this every day until your follow-up appointment.

### How to take the buprenorphine films or tablets:

1. Take a sip of water, then put the buprenorphine under your tongue.
2. Don't swallow it – the medication won't work!
3. Keep the medication there until it's fully dissolved.
4. Do not eat or drink for 15 minutes after.