

Buprenorphine Uptitration at Home



Follow these instructions if your provider prescribed the following:

- Buprenorphine/naloxone 2 mg/0.5 mg films AND
- Buprenorphine/naloxone 8 mg/2 mg films

This uptitration method slowly increases your buprenorphine dose over a 5-day period. **Continue your regular opioid use during this process.** This is important to avoid withdrawal. Use precautions to reduce overdose risk:

- Try not to use alone. If you must use alone, consider calling SafeSpot, a nonjudgmental peer line that can call for help if you stop responding, at 1-800-972-0590.
- Have naloxone ready.
- Start low and go slow.
- Watch and wait before the next person uses.
- Avoid mixing drugs.

Take other prescribed medications as directed to treat mild withdrawal symptoms if you have them.

When you take the medicine: put it under your tongue and keep it there until it fully dissolves and the taste is mostly gone. **Do not swallow it.** It will not work if swallowed.

You will need to cut the medication into smaller pieces. Cut films while they are still in the package, otherwise they can be too sticky to cut easily. **It is very important to start with the 2 mg films.** If you accidentally use the 8 mg films too early, you may have **sudden and severe withdrawal.**

If you experience severe withdrawal at any point in this process, take 16 mg (2 of the 8mg films) at once. If you are still sick or getting worse after 30-60 minutes, take another 16 mg. Consider going to the emergency room if you don't feel better after another 30 minutes.

Follow up with a healthcare provider as soon as possible. You should be seen before you run out of medication. If you need help getting a follow-up appointment, call the Washington Recovery Help Line 866-789-1511. If you run out of medication, call the Telebuprenorphine line at 206-289-0287 for a same-day phone visit.



Day 1



0.5 mg dose

Start with the 2 mg buprenorphine films. Cut into 4 equal pieces. Use 1 piece for a 0.5 mg dose.

☐ Take 1/4 of a film (0.5 mg)

Wait 4 hours

☐ Take another 1/4 of a film (0.5 mg)

Wait 4 hours

☐ Take another 1/4 of a film (0.5 mg)

Continue your regular opioid use.

Day 2



1 mg dose

Continue using the 2 mg buprenorphine films. Cut into 2 equal pieces. Use 1 piece for a 1 mg dose.

☐ Take 1/2 of a film (1 mg)

Wait 4 hours

☐ Take another 1/2 of a film (1 mg)

Wait 4 hours

☐ Take another 1/2 of a film (1 mg)

Continue your regular opioid use.

Day 3



2 mg dose

Continue using the 2 mg buprenorphine films. Do not cut. Use 1 whole film for a 2 mg dose.

☐ Take 1 film (2 mg)

Wait 4 hours

☐ Take another 1 film (2 mg)

Wait 4 hours

☐ Take another 1 film (2 mg)

Continue your regular opioid use.

Day 4



4 mg dose

Continue using the 2 mg buprenorphine films. Do not cut. Use 2 whole films for a 4 mg dose.

☐ Take 2 films (4 mg)

Wait 4 hours

☐ Take another 2 films (4 mg)

Wait 4 hours

☐ Take another 2 films (4 mg)

Continue your regular opioid use.

Day 5



8 mg dose

Start using the 8 mg buprenorphine films. Do not cut. Use 1 whole film for an 8 mg dose.

☐ Take 1 film (8 mg)

Wait 4 hours

☐ Take another 1 film (8 mg)

Wait 4 hours

☐ Take another 1 film (8 mg)

Stop using your regular opioid.

Day 6 and beyond



8 mg dose

Continue taking 8 mg three times a day. If you continue to experience withdrawal and/or cravings take other prescribed medications as directed and attend a follow-up appointment.

Your provider will work with you to help you feel better. It may take some time to find the right medication plan for you.