

Buprenorphine Initiation at Home in Pregnancy

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
- ▶ Hydromorphone 4 mg tabs

If your provider did not prescribe hydromorphone, you can follow these instructions using the opioid you usually use instead. Use these precautions to reduce overdose risk:

- ▶ Try not to use alone. If you must use alone, consider the Never Use Alone phone line (877-696-1996).
- ▶ Have naloxone ready.
- ▶ Start low and go slow.
- ▶ Watch and wait before the next person uses.
- ▶ Avoid mixing drugs.

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. Here's how to get the right dose.

2 mg buprenorphine films:

- ▶ **For 0.5 mg:** Cut the film into 4 equal pieces. Use 1 piece.
- ▶ **For 1 mg:** Cut the film into 2 equal pieces. Use 1 piece.
- ▶ **For 2 mg:** Use 1 full film.
- ▶ **For 4 mg:** Use 2 full films.

8 mg buprenorphine films:

- ▶ **For 8 mg:** Use 1 full film.
- ▶ **For 16 mg:** Use 2 full films.


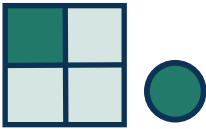




Continue other medications for withdrawal symptoms as prescribed.

Try to attend a follow-up appointment right away with a health care provider. You should be seen before you run out of medication. If you need help getting a follow-up appointment you can call the Washington Recovery Help Line (866-789-1511).

If you experience severe withdrawal at any point in this process, take 16 mg of buprenorphine at once. If you are still sick or getting worse after 30-60 minutes, take another 16 mg and consider going to the emergency room.

Buprenorphine Uptitration Instructions

***It is very important to start with the 2 mg films, cut into equal size pieces. If you accidentally use the 8 mg films in Steps 2-5, it can cause sudden and severe opioid withdrawal. If that happens, take 16 mg of buprenorphine right away.**

STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	STEP 6
					
	TIME OF DOSE 1: <input type="text"/>	TIME OF DOSE 1: <input type="text"/>	TIME OF DOSE 1: <input type="text"/>	TIME OF DOSE 1: <input type="text"/>	3-4 times daily 1 <input type="text"/> 2 <input type="text"/> 3 <input type="text"/> 4 <input type="text"/>
	TIME OF DOSE 2: <input type="text"/>	TIME OF DOSE 2: <input type="text"/>	TIME OF DOSE 2: <input type="text"/>	TIME OF DOSE 2: <input type="text"/>	
<input type="checkbox"/> Wait until you are in mild withdrawal and are not sedated, typically at least 3-4 hours from your last opioid use. <input type="checkbox"/> To take the buprenorphine, put it under your tongue and keep it there until it fully dissolves and the taste is mostly gone. Do not swallow the films - they will not work that way.	<input type="checkbox"/> Start with the 2 mg films. <input type="checkbox"/> Take 0.5 mg buprenorphine (1/4 of a 2 mg film) AND 4 mg hydromorphone. <input type="checkbox"/> Wait 4 hours. <input type="checkbox"/> Repeat. Take 0.5 mg buprenorphine (1/4 of a 2 mg film) AND 4 mg hydromorphone. <input type="checkbox"/> Wait 4 more hours, then proceed to Step 3.	<input type="checkbox"/> Take 1 mg buprenorphine (1/2 of a 2 mg film) AND 4 mg hydromorphone. <input type="checkbox"/> Wait 4 hours. <input type="checkbox"/> Repeat. Take 1 mg buprenorphine (1/2 of a 2 mg film) AND 4 mg hydromorphone. <input type="checkbox"/> Wait 4 more hours, then proceed to Step 4.	<input type="checkbox"/> Take 2 mg buprenorphine (1 full 2 mg film) AND 4 mg hydromorphone. <input type="checkbox"/> Wait 4 hours. <input type="checkbox"/> Repeat. Take 2 mg buprenorphine (1 full 2 mg film) AND 4 mg hydromorphone. <input type="checkbox"/> Wait 4 more hours, then proceed to Step 5.	<input type="checkbox"/> Take 4 mg buprenorphine (2 full 2 mg films) AND 4 mg hydromorphone. <input type="checkbox"/> Wait 4 hours. <input type="checkbox"/> Repeat. Take 4 mg buprenorphine (2 full 2 mg films) AND 4 mg hydromorphone. <input type="checkbox"/> Wait 4 more hours, then proceed to Step 6.	<input type="checkbox"/> Stop using the 2 mg films, and switch to the 8 mg films. <input type="checkbox"/> Take 8 mg buprenorphine (1 full 8 mg film) every 6-8 hours (3 or 4 times daily) up to 32 mg per day. <input type="checkbox"/> Do not take hydromorphone. <input type="checkbox"/> Follow up with a provider for ongoing treatment.
Take other prescribed medications as directed to treat any withdrawal symptoms.					

