CA BRIDGE
TREATMENT STARTS HERE

Wait, Withdraw, Dose

Starting Buprenorphine (Bup), "Subs," Suboxone

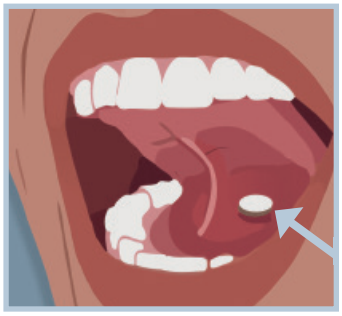
1. Plan to take a day off and have a place to rest.
2. Stop using and wait until you feel sick from withdrawals (at least 12 hours is best).
3. Dose an 8mg tablet or strip UNDER your tongue.
4. Repeat dose (another 8mg) in an hour to feel well.
5. Start 16mg per day the next day.

If you have started Bup before:

- If it went well, that's great! Just do that again.
- If it was difficult, talk with your care team to figure what happened and find ways to make it better this time.

If you have never started Bup before:

- Gather your support team and if possible take a "day off."
- You are going to want space to rest. Don't drive.
- Using cocaine, meth, alcohol or pills actually makes starting Bup harder, but that is up to you. Be safe.



Place dose under your tongue (sublingual).

If you have a light habit: *(For example, 5 "Norco 10's" a day)*

- Consider a low dose: start with 4mg and stop at 8mg total.
- **WARNING:** Not enough Bup won't treat your withdrawals.

If you have a heavy habit: *(For example, injecting 2mg heroin a day)*

- Consider a high dose: start with first dose of 16mg.
- The effects of Bup max out at around 24-32mg.
- **WARNING:** Too much Bup can make you feel sick and sleepy.

Not going well? Have questions?
Contact your Substance Use Navigator for help! It's our job.

Call or text your Substance Use Navigator for help at _____