

COUNTRY DOCTOR COMMUNITY HEALTH CENTERS

Carolyn Downs Family Medical Center Country Doctor Community Clinic

How to Start Bupe

- Stop all opiates for 8-24 hours (2-3 days for methadone)
- Starting bupe too early can make you very sick
- **Only start bupe AFTER you are moderately sick with withdrawal symptoms:**



• Yawning	• Runny nose
• Large pupils	• Goose bumps
• Sweating	• Fast heart beat
• Nausea or upset stomach	• Body pain
• Can't sit still	• Anxiety or irritability

In general:

- Don't smoke or chew tobacco, or vape nicotine 15 mins before or after dose
- Take a sip of water to wet your mouth before dosing, but don't drink anything during
- **DISSOLVE** tablet or film under tongue, don't chew or swallow

Day 1:

- Dissolve **HALF** tablet or film under tongue
- **WAIT** 2 hours
- If feeling better or about the same, take another **HALF** tablet or film
- 6-12 hours later dissolve a **WHOLE** tablet or film under tongue
- If withdrawal symptoms feel a lot worse after a bupe dose, wait 4-8 hours and try again



Day 2-7:

- We will call to check on you
- Come to follow up appointment in clinic for refill
- Most patients will take 1 tablet or film in the morning and 1 in the evening

OBOT Program Manager: 206-299-1999

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