

# Patient Guide: Beginning Self-Start Buprenorphine Treatment

Before you begin, you want to feel **VERY SICK** from your withdrawal symptoms. Your Subjective Opiate Withdrawal Scale (SOWS) score should be 17 or higher.

It should be at least...

- **24-36 hours or more** since you last used Fentanyl
- **12-24 hours** since you last used Heroin
- **12-24 hours** since you last snorted pain pills (Oxycontin)
- **12-24 hours** since you last swallowed pain pills (Hydrocodone, Oxycodone)
- **36 hours** since you last swallowed Oxycontin
- **72 hours** or more since you last used Methadone

You should feel at least three of these symptoms. Refer to SOWS, if needed.

- Restlessness
- Anxiety
- Body aches
- Goosebumps
- Heavy yawning
- Increased tears
- Cravings
- Tremors/twitching
- Stomach cramps, nausea, vomiting or diarrhea
- Enlarged pupils
- Sweating
- Chills
- Hot flashes
- Runny nose
- Irritable
- Feel like using now

## Subjective Opiate Withdrawal Scale (SOWS)

- Before you begin Buprenorphine, you want to feel **VERY SICK** from your withdrawal symptoms.
- If you are not sure if you are sick enough, try adding up your SOWS score.
- When your score is 17 or higher, you may begin Buprenorphine.

**Instructions:** For each symptom, write a number from 0-4 about how you feel **right now**. Use this scale to determine when to take the first dose of Buprenorphine. After your first day of Buprenorphine treatment, you no longer need to use the SOWS tool. **SCALE** 0 = not at all 1 = a little 2 = moderately 3 = quite a bit 4 = extremely

Date					
Time					
SYMPTOM	SCORE	SCORE	SCORE	SCORE	SCORE
1. I feel anxious.					
2. I feel like yawning.					
3. I am perspiring (sweating).					
4. My eyes are tearing.					
5. My nose is running.					
6. I have goosebumps.					
7. I am shaking.					
8. I have hot flashes.					
9. I have cold flashes.					
10. My bones and muscles ache.					
11. I feel restless.					
12. I feel nauseated.					
13. I feel like vomiting.					
14. My muscles twitch.					
15. I have stomach cramps.					
16. I feel like using now.					
<b>TOTAL</b>					

# Buprenorphine Instructions

Once you are ready, follow these instructions to start the medication.

**DAY 1:**  
8-16 mg of Buprenorphine

**DAY 2:**  
16 mg of Buprenorphine  
(unless otherwise specified)

## Step 1

Take the first dose.

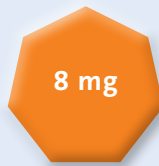
Wait 45 minutes



## Step 2

Still feel sick?  
Take next dose.

Wait 6 hours



## Step 3

If your withdrawal symptoms are not getting better,



Call OneFifteen (937) 535-5115 for Telehealth visit with a provider. Open 24 hrs, 7 days a week.  
OR  
Return to the Emergency Room.

Check one based on prescription

Take 8 mg twice daily

Other  
\_\_\_\_\_  
\_\_\_\_\_

Appointment  
\_\_\_\_\_  
\_\_\_\_\_

- Put the tablet or strip under your tongue.
- Keep it there until fully dissolved (about 15 min.).
- Do NOT eat or drink while taking.
- Do NOT swallow the medicine.

Most people feel better after two doses.  
 $8 + 8 = 16$  mg

- Stop after 2nd dose.
- Do not take more than two doses (total of 16 mg) on Day 1.

**Continue this daily dose until your next follow-up appointment.**

IF YOU HAVE QUESTIONS, PLEASE CALL (937) 535-5115 AND ASK FOR HELP WITH THE ER SELF-START BUPRENORPHINE PROGRAM. DOWNLOAD THE APP USING THE QR CODES BELOW.

\*\*\*IT IS IMPORTANT TO KEEP YOUR FOLLOW-UP APPOINTMENTS.\*\*\*



OneFifteen Apple Appstore



OneFifteen Playstore