

## Buprenorphine Induction Information/Instructions

This is an instruction sheet that is recommended reading for all patients who have set up an appointment to be induced on Buprenorphine (Suboxone/Subutex) at C.O.R.E. Medical Clinic, Inc. Following the guidelines below will aid in a successful induction.

It is critically important that you are in opiate withdrawal when you show up for your induction appointment. If you have taken opiates outside of the timelines below and are not in active withdrawal, taking Buprenorphine will make you sick by inducing withdrawal, which is miserable and can last 3-5 days.

You must not take any of these or other **SHORT ACTING OPIATES** within 24 hours of your appointment time; **CODEINE, VICODIN, HEROIN, NORCO, FENTANYL, TRAMADOL, HYDROCODONE, etc.**

You must not take any of these **LONGER ACTING OPIATES** within 36 hours of your appointment time; time released **OXYCONTIN, OPANA, MORPHINE, OR ANY OTHER OPIATE WITH A TIME RELEASE COMPONENT.**

**METHADONE (at 21-30 mgs)** must not be taken for 72 hours prior to your appointment.  
**METHADONE (at 20 mgs or below)** must not be taken for 48 hours prior to your appointment

Do not take any **BENZODIAZEPINES (VALIUM, KLONOPIN, XANEX, ETC.)** the morning of induction unless approved by C.O.R.E. medical staff. These can mask withdrawal symptoms and make it difficult to get an accurate assessment of withdrawal.

You may take an over-the-counter dose of Benadryl the night before your appointment to help with withdrawal symptoms and sleep as long as you are not allergic to Benadryl.

Plan approximately 2½ to 4 hours for the Buprenorphine Induction appointment. **We recommend that you make alternative driving arrangements for the first day. There is a risk that you will be unfit to drive on the 1<sup>st</sup> day of induction.** Remember it is your responsibility to assure you are fully alert, adjusted to the medication, and capable of driving prior to doing so.

After an initial screening, urine drug screen, and history and physical you will be given the first dose of Buprenorphine (if deemed appropriate by medical staff). Dosing is determined by intensity of withdrawal symptoms and level of tolerance. You will remain in our office setting for up to 4 hours for observation. Some time will be dedicated to developing your treatment plan, completing an intake assessment, and scheduling counseling sessions to aid in a successful recovery.

Approximately 1 hour after the first dose, you will be assessed again and based on any continuing withdrawal symptoms, a second dose of Buprenorphine may then be administered. This process will be repeated until you are comfortable, and the medical staff determines you may go home. You will receive additional doses of Buprenorphine until your next scheduled appointment. If possible, plan a day of rest for the first day of Buprenorphine induction. You should begin to feel comfortable after the 1<sup>st</sup> or 2<sup>nd</sup> dose is given on day one and stabilization usually occurs in the first few days. Expect some adjustment symptoms (headache, insomnia, upset stomach, etc.) for the first week. Within 1 week most patients are quite pleased with how “normal” they feel. Thank you for choosing C.O.R.E. Medical Clinic, Inc.