

C.O.R.E. Medical Clinic, Inc.
Buprenorphine Induction Patient Instructions (NEW ADMITS ONLY)

NOTE: These are general guidelines and are not meant to reflect your exact treatment regimen

Reminder: You will be given a TB test and will need to return to the clinic in 2-3 days to have it read.

Day 1

Plan approximately 2½ to 4 hours for first day of Buprenorphine Induction. It is important that you are in opiate withdrawal. If you have opiates in your system, buprenorphine will make you sick by inducing withdrawal, which can last up to 3 days. **We strongly recommend that you make alternative driving arrangements for the first day. There is a risk that you will be unfit to drive on the 1st day of induction.**

After an initial screening, urine drug screen and History and Physical, you will begin induction with the first dose of buprenorphine. 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 and comfort. Some time will be dedicated to developing your treatment plan and scheduling your counseling sessions to ensure 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 will then be administered. This process will be repeated until you are comfortable, and the nurse practitioner and/or physician determines that you can go home. You will receive additional doses of buprenorphine for bedtime and the next morning. Before you leave, you will have a follow up appointment with medical staff for the following day.

If possible, plan a day of rest and quiet for the first day of Buprenorphine induction. You should begin to feel comfortable after the 2nd dose given that day.

Please call our 24 hour number if you experience any problems or have any questions.

Day 2

Take the recommended dose of buprenorphine (Subutex) in the morning when you arise from the supply given to you. Take sublingually (under your tongue) and let it dissolve for as long as possible for best results (typically 5-10 minutes). It is important to not swallow the medicine and wait until it is dissolved. Take this dose at least 1 hour before your scheduled appointment at C.O.R.E. After assessment by medical staff at your appointment, you will receive a 1 week prescription to fill and purchase at the pharmacy of your choice.

Days 3 -4

You will need to return to the clinic to have your tuberculosis (TB) test interpreted. If you have had a positive TB test in the past, you will be given a referral to the Chest Clinic on Day 1 and will need to obtain a Chest X-ray and will not need to return to the clinic until Day 7 with the results (results can also be faxed directly to C.O.R.E. at 916-442-7154).

Day 5-6

You should be stable and comfortable by Day 5, most likely Day 2 or 3. You should not be experiencing any withdrawal symptoms or cravings. Consultation with medical staff is always available should symptoms persist or side effects occur.

Day 7

Meet with medical staff for assessment of medication effectiveness or side effects, and then meet with counselor for approximately 30 minutes. Dosing adjustments will be made if needed at this time. Another prescription for Buprenorphine will be given at this time, usually for 3 weeks. You will be asked to submit a urinalysis test.

Next appointment

- You will be asked to submit a urinalysis test.
- You will then be seen by the AHP or physician and given a month's prescription or prescription as appropriate per our medical professional.
- You will complete a 30 minute counseling session and follow up on Treatment Plan Goals. During this session individualized planning for stabilization, withdrawal or maintenance program will be discussed.
- You will be given a prescription to take you through to your next medical appointment.
- You will be given a TB test and will need to return to the clinic in 2-3 days to have it read.