



RED FLAGS

Reasons to contact your provider or go to the emergency room during buprenorphine initiation

▶ **Sudden symptoms not related to withdrawal**

- Chest Pain
- Shortness of breath
- High fevers

▶ **Sudden worsening of symptoms, especially after starting buprenorphine**

Symptoms of precipitated withdrawal can include:

- Diarrhea
- Nausea
- Vomiting
- Stomach cramping
- Goosebumps

▶ **Signs of an allergic reaction**

- Trouble breathing
- Swelling tongue or lips
- Hives



Calling 9-1-1 During A Medical Emergency

How to call 9-1-1:

Say the actual negative effect, not overdose. For example, you can say, "My friend is having seizures, and they need help". When the paramedics arrive, tell them what drug your friend took.



Good Samaritan Policies:

These protect the person who called for help from being arrested. They can differ from state to state, so it's important to be aware of the Good Samaritan Policies in your area. You can check some of them out here: nextdistro.org/policies



PATIENT GUIDE TO STARTING BUPRENORPHINE

Buprenorphine is a medicine that can save lives. It helps to prevent opioid overdose and treat opioid cravings and withdrawal symptoms.

Starting buprenorphine is an important part of recovery for many people. The process to start can be hard. It depends on things like the type of opioid and how often you use it, as well as if the person has used buprenorphine in the past.

This guide will help you and your provider make a plan to start buprenorphine that fits your needs.



Step 1: Timing

I last used opioids on _____ (date) at _____:_____ AM/PM (time).

It needs to be at least _____ hours since I last used opioids, or _____:_____ AM/PM before I can start my buprenorphine.



Step 2: Opioid Withdrawal

I need to feel at least 4 of the symptoms listed below increasing from normal before I can start my buprenorphine.

I will use comfort medications to help me manage my symptoms.

<input checked="" type="checkbox"/>	Do I feel this? <i>(Check off symptoms)</i>	Medicines I can take	When and how should I take these medicines?
	Restlessness		
	Anxiety		
	Body aches		
	Enlarged pupils		
	Goosebumps		
	Runny nose/eyes		
	Yawning		
	Tremor/twitch		
	Sweating/chills		
	Stomach cramps (nausea/diarrhea)		
_____ TOTAL symptoms <input checked="" type="checkbox"/> <i>(Go to Step 3 if 4+ symptoms)</i>			



Step 3: Start the Buprenorphine

Take your first buprenorphine dose of _____ mg at _____:_____ AM/PM (time).

If feeling better or the same after 30 minutes, take another buprenorphine dose of _____ mg.

Continue taking _____ mg every _____ hours on Day 1 until you reach a total max dose of _____ mg.