You are Ready to Start Suboxone When You Have At Least 5 or 6 of the Following Symptoms:

Yawning Unable to Sit Still

Sweating Nauseous

Running Nose Feel Like Vomiting

Goose Bumps Muscles Twitch

Shakes Cramps in Your Stomach

Hot Flashes Feel Like Using

Bones and Muscles Ache

**Starting Suboxone**

**Things NOT TO DO With Suboxone**

Don’t use Suboxone when you are high- it will make you dope sick

Don’t use Suboxone with alcohol- this combination is not safe

Don’t use Suboxone with benzos (klonopin, valium, ativan) unless prescribed by a doctor who knows you are taking Suboxone

Don’t use Suboxone if you are taking pain killers until you talk to your doctor

Don’t swallow Suboxone- it won’t work unless it melts under your tongue

Don’t lose your Suboxone- it can’t be refilled early

**How To Take Suboxone:**

Before taking Suboxone, drink some water.

Put Suboxone under your tongue.

Don’t eat or drink anything until the pill has completely dissolved.

**Plan: When you are ready (5 or 6 withdrawal symptoms), follow the instructions below:**

Start with ½ film under your tongue.

Wait 2 hours- If you are experiencing symptoms of withdrawal, take another ½ film.

This is the end of your first day \_\_\_\_\_\_ mg

On day 2, wake up and take your dose from the first day in the morning \_\_\_\_\_ mg

Wait 2 hours- If you are experiencing symptoms of withdrawal, take another ½ film.

Wait 2 hours- If you are experiencing symptoms of withdrawal, take another ½ film.

On day 2, total dose received is \_\_\_\_\_ mg

Continue to take up to 2 film a day until we see you on \_\_\_\_\_\_\_\_

Good LUCK!

Call the clinic for any questions or problems at xxx