

## Take Home Suboxone (buprenorphine-naloxone)

**Before you start, make sure you are very dope-sick** (bad withdrawal)

**Do you have at least 4 of these signs?**

...or score yourself using the scale on Page 2



Joint and bone aches



Bad chills or sweating



Restless,  
can't sit still



Twitching, tremors  
or shaking



Big (enlarged) pupils



Goosebumps



Heavy yawning



Runny nose,  
tears in eyes



Feel sick,  
throwing up, or  
diarrhea

**How long has it been?**

It should be at least... **24 hours** since you used heroin / fentanyl / oxycodone

**48 hours** since you used long-acting morphine (Kadian)

If you take methadone, talk to your Opioid Agonist Treatment (OAT) Clinic

**Wait as long as you can!** Start it too early and you might feel very, very sick

**Once you are very dope-sick** (in bad withdrawal)




**How to take Suboxone:**

- Put the tablet under your tongue
- **Do not** swallow it – it won't work
- **Do not** take with alcohol or sleeping pills (sedatives)
- **Do not** take when sleepy

**How soon it will work:**

- Must melt under your tongue to work
- Takes up to 10 minutes to dissolve
- Takes 20 to 45 minutes to work

**\*\*Always keep Suboxone away from children**

Day 1			Day 2 and Day 3
Step 1	Step 2	Step 3	
Place 1 tablet (2 mg*) under your tongue Wait 1 hour 	Place 1 tablet (2 mg*) under your tongue Wait 1 hour 	Still feel sick? Take 1 tablet every hour <b>Stop when:</b> You feel better <b>or</b> You have taken all 6 tablets (12 mg*)	Place <u>all</u> the tablets needed for Day 1 under your tongue at one time Can take up to 6 tablets each day Go to an OAT Clinic for more Suboxone (see Page 2)
Step 1 + Step 2 + Step 3 = no more than 6 tablets or 12 mg			
 <b>If you feel a lot worse</b> at any time, <b>stop</b> taking Suboxone - Return to the Emergency Department			

\*Dose based on mg of buprenorphine (each Suboxone tablet contains 2 mg of buprenorphine and 0.5 mg of naloxone)

Images: CC 3.0 BY / Freepik / [www.flaticon.com](http://www.flaticon.com)







## Take Home Suboxone (buprenorphine-naloxone) - *continued*

### Subjective Opiate Withdrawal Scale (SOWS)\*

Please score each of the statements according to how you feel right now on a scale of 1 to 4.

Add up all your scores to get your total SOWS withdrawal score.

Scale: 0 = Not at all 1 = A little 2 = Moderately 3 = Quite a bit 4 = Extremely

Time:					
Symptoms:	Score	Score	Score	Score	Score
 I feel anxious					
I feel like yawning					
 I am perspiring					
My eyes are tearing					
My nose is running					
 I have goosebumps					
I am shaking					
I have hot flushes					
 I have cold flushes					
My bones and muscles ache					
I feel restless					
 I feel nauseous					
I feel like vomiting					
My muscles twitch					
 I have stomach cramps					
I feel like using now					
<b>My SOWS score (total score):</b>					

If your SOWS withdrawal score is **17 or more** → You are ready to start, follow the instructions on Page 1.

If your SOWS withdrawal score is **less than 17** → Check your score again in 1 to 3 hours.

\*Handelsman L et al. AM J Drug Alcohol Abuse.1987

### Opioid Agonist Treatment (OAT) Clinics

<b>Abbotsford</b> 604-743-0543 203 - 31943 South Fraser Way	<b>Langley</b> 604-514-7940 305-20300 Fraser Highway	<b>New Westminster</b> 604-527-2904 330 East Columbia Street (Royal Columbian Wellness Centre)
<b>Burnaby</b> 604-453-1930 3935 Kincaid Street (Burnaby Hospital)	<b>Maple Ridge</b> 604-467-5179 106 - 22838 Lougheed Highway	<b>Surrey</b> 604-580-4950 101-13670 94A Avenue (beside Surrey Hospital)
<b>Chilliwack</b> 604-703-6976 45600 Menholm Road (Chilliwack Hospital)	<b>Mission</b> 604-814-5600 3rd Floor, 7298 Hurd Street (Mission Hospital)	<b>White Rock</b> 604-541-6844 15521 Russell Avenue, Russell Unit

### Rapid Access to Addictions Care (RAAC) Clinics

<b>Fraser South</b> 604-587-3755 (Opt. 3) 13740 - 94A Avenue (beside Surrey Hospital)	<b>Fraser North</b> 604-527-2904 330 East Columbia Street (Royal Columbian Wellness Centre)	<b>Vancouver</b> 604-806-8867 2nd floor, 1081 Burrard Street (St. Paul's Hospital)
--	---	---

Any problems contacting your OAT Clinic? Have other Substance Use concerns?

Call the **Substance Use Service Access Team (SUSAT): 1-866-624-6478**

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.