

Suboxone® To Go

Please read both sides of these instructions before starting this treatment.

Before you start you must feel very sick from withdrawal. If you take it too early the medicine will not help you. The worse you feel when you start the medication, the better it will make you feel after you take it.

How long you have to wait depends on what drugs you last took:

- After taking heroin or pain tablets, wait at least 16 hours.
- After taking methadone, fentanyl or Kadian®, wait at least 24 hours. 48 hours is better.

You may take ibuprofen (Advil®/Motrin®, for body aches), Gravol® (for nausea and vomiting), and Imodium® (for diarrhea) to help manage withdrawal symptoms while you wait to start Suboxone. You don't need a prescription for these.

You must have 3 or more of these symptoms before you take Suboxone:

- Stomach cramps, nausea, vomiting or diarrhea
- Heavy yawning
- Bad chills or sweating
- Runny nose and tears in your eyes
- Twitching, tremors or shaking
- Feeling anxious or irritable (or both)
- Enlarged pupils
- Joint and bone aches
- Goose bumps
- Feeling restless/cannot sit still

**DAY
1**

1) When you feel very sick:

Please see list of symptoms above.



- **Take 1 tablet** under your tongue
- Keep it there **until fully dissolved** (10 mins)
- **Do not** eat, drink or swallow the medication during this time



Wait 1 hour



DO NOT TAKE more than 1 tablet at a time

2) If you still feel sick:



Take 1 more tablet under your tongue and follow instructions above.



Wait 1 hour

3) If you still feel sick, continue to follow the instructions above.



STOP when you feel better **or** you have taken all 6 tablets. If you feel **A LOT WORSE** after the first tablet, stop and go to one of the places listed on the back.

**DAY
2**

When you wake up:

- 1) Take the total number of tablets you took on Day 1 (up to 6) under your tongue at the same time.
- 2) Go to one of the clinics listed below.

**DAY
3**

When you wake up:

- 1) Take the total number of tablets you took on Day 1 (up to 6) under your tongue at the same time.
- 2) If you didn't go on Day 2, go to one of the clinics listed below.

**RAPID ACCESS
ADDICTIONS CLINIC (RAAC)**

St. Paul's Hospital
2nd floor Burrard Building
Open 7 days a week
9:00 am to 4:00 pm
604-806-8867

EMERGENCY DEPARTMENT

(after-hours or urgent care)
St. Paul's Hospital
1081 Burrard Street
Open 24 hours/day

CONNECTIONS

(for Downtown East Side residents)
623 Powell Street (entrance in alley)
Open Monday to Friday,
8:30 am to 7:30 pm
Saturday and Sunday,
8:30 am to 5:30 pm
604-675-3600

Number of tablets

**When I took them
(date and time)**

Number of tablets	When I took them (date and time)

IMPORTANT:

This medication needs to be stored in a locked area away from children.