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

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| **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:** | | | | | | | **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 | | | |
| * 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 | | | | | | |
| **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  **Stop** when:  You feel better **or**  You have taken all  6 tablets (12 mg\*) | | | | Place all 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 | | | | | | | | |
| ☹ **If you feel a lot worse** at any time, **stop** 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)

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| **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 |  |  |  |  |  |
| **My SOWS score (total score):** | |  |  |  |  |  |
| 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 | | | | | | |

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| **Opioid Agonist Treatment (OAT) Clinics** | | |
| **Abbotsford** 604-743-0543  #203 - 31943 South Fraser Way  **Burnaby** 604-453-1930  3935 Kincaid Street  **Chilliwack** 604-703-6976  45600 Menholm Road  **Langley** 604-514-7940  #305-20300 Fraser Highway | **Maple Ridge** 604-467-5179  #106 - 22838 Lougheed Highway  **Mission** 604-814-5600  3rd Floor, 7298 Hurd Street  **Port Moody** 604-777-8709  700 - 220 Brew Street | **Surrey**  13740 - 94A Avenue 604-587-3755 (option 3)  10667 - 135A Street 604-583-5666  **Vancouver**  1081 Burrard Street 604-806-8867  St. Paul’s Hospital 2nd floor  **White Rock** 604-541-6844  15521 Russell Avenue, Russell Unit |
| Any problems contacting your OAT Clinic? Have other Substance Use concerns?  Call the **Substance Use Service Access Team** (SUSAT)**: 1-866-624-6478** | | |