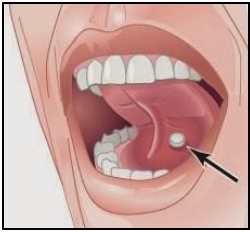


Wait, Withdrawals, Dose

Starting Buprenorphine (Bup), “Subs,” Suboxone

At the Highland Bridge, we have helped hundreds of people quit heroin and pills by getting started on Bup. This is how you get started:



Wait, Withdrawals, Dose

1. Plan ahead, take a day off work, and have a place to rest
2. Wait at least 12 hours till you have **BAD** withdrawals
3. Put an 8mg tablet or strip **UNDER** your tongue

Have the BEST experience possible starting Bup.

Call or / text your Substance Use Navigator for help! It's our job!

First things, first. Have you started Bup before?

- If it went well, That's great! Just do that again.
- If it was difficult, check in with your Bridge team and walk through what happened to find ways to make it better this time.

If you have never started Bup before...

Clear out a day to get started.

- Gather your support team and if possible take a “day off” from whatever you are doing. You are going to want space to rest.
- We have seen using cocaine, meth, alcohol or pills actually makes starting Bup harder, but that is up to you. Be safe.

Wait, withdrawals, dose

1. Wait (12 hours) till you feel bad from withdrawals.
2. Take 8mg tablet or strip.
3. If you don't feel better in an hour take another 8mg tablet or strip.
4. You shouldn't don't need more than 4 strips (32 mg) in a single day.