

Rapid Access to Addictions Medicine (RAAM) Clinic

SUBOXONE STARTER KIT

Before you begin, you should have at least THREE withdrawal symptoms first:

- Restless / cannot stand still
- Heavy yawning
- Bad chills or sweating
- Runny nose, tears in your eyes
- Twitching, tremors or shaking
- Anxious or irritable
- Enlarged pupils

- Joint or bone aches
- Goosebumps
- Stomach cramps, nausea, vomiting, diarrhea

It should be at least: **16 hours** since you last used heroin or fentanyl, or **24-48 hours** since you last used methadone or Kadian.

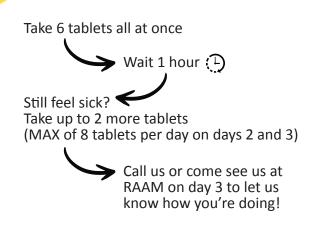
Wait as long as you can! If you take it too early it might make you feel sick.

Once you are ready, follow these instructions...

DAY 1

Take 1 tablet Wait 1 hour (L) Still feel sick? Take 1 more tablet Wait 1 hour (L) Still feel sick? Keep taking 1 tablet every hour Stop when you are feeling better OR have taken 6 tablets

DAYS 2 AND 3



How to take each tablet

Put each tablet under you tongue, keep it there until it has dissolved (up to 10 minutes), and don't swallow it or drink anything until dissolved.