



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 ⌚

Still feel sick?
Take 1 more tablet

Wait 1 hour ⌚

Still feel sick?
Keep taking 1 tablet
every hour

Stop when you are
feeling better **OR** have
taken 6 tablets



DAYS 2 AND 3

Take 6 tablets all at once

Wait 1 hour ⌚

Still feel sick?
Take up to 2 more tablets
(MAX of 8 tablets per day on days 2 and 3)

Call us or come see us at
RAAM on day 3 to let us
know how you're doing!

How to take each tablet

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