

You have been started on buprenorphine/naloxone (Suboxone®) to help withdrawal symptoms. Taking Suboxone® regularly can help if you want to decrease or stop using opioids (like fentanyl). It may take 2 to 3 days to reach the dose of Suboxone® that works best for you.

Key Points:

- Suboxone® works about the same as methadone to decrease or stop opioid use, but has less risk of causing an overdose. It works by stopping withdrawal symptoms and cravings without making you feel high.
- Suboxone® must be absorbed under the tongue to work. Swallowing, crushing, injecting or snorting the tablets may decrease how well they work or cause withdrawal symptoms.
- Using other drugs that make you sleepy or relaxed (benzodiazepines (benzos), alcohol, sleeping pills) with Suboxone® can increase your risk of having an overdose.
- If you feel dope sick while getting to the right dose of Suboxone® for you, these medications may help:
 - Dimenhydrinate (Gravol®) if you feel sick to your stomach or have dry heaves
 - Ibuprofen (Advil®, Motrin®)/ Acetaminophen (Tylenol®) if you have stomach cramps or body aches/pain
 - Loperamide (Imodium®) if you have diarrhea
- If you do begin using opioids (fentanyl) again, remember:
 - Do not use drugs alone
 - Have a naloxone kit with you
 - Use smaller test doses, as your tolerance may have decreased
 - Avoid injecting into the neck, wrist, or groin



You have been given _____ doses of Suboxone® to last until you can see the doctor to continue your prescription.

☐ North Battleford: BRT6HC Wellness Building 1202 102 nd Street, North Battleford Tel: 306-937-4070 Mon to Fri 9:00 AM—4:30 PM Physician hours: 12:00 PM—4:00 PM	☐ Prince Albert: Access Place 101 15 th Street E (2nd Floor), Prince Albert Tel: 306-765-8703 Mon to Fri 08:30 AM—4:00 PM Physician hours: 1:00 PM—4:00 PM
☐ Regina: Rapid Access Addiction Medicine 1056 Albert Street, Regina Tel: 306-766-6380 Mon to Fri 8:00 AM—4:30 PM Physician hours: 8:30 AM—3:00 PM	☐ Saskatoon: St. Paul's Hospital 1702 20 th Street W, Saskatoon Tel: 306-655-5754 Mon to Fri 08:30 AM—5:00 PM Physician hours: 8:30 AM—5:00 PM
☐ Other:	

Please call or visit the clinic when they are next open: _____

We have let the clinic know that you have started Suboxone®. To continue your prescription, please arrive in the morning to allow plenty of time to see the prescriber and get your dose from the pharmacy (patients are not seen after 3:00 p.m.).

