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| **Suboxone® To-Go** |
| **Before you begin you want to feel VERY SICK from withdrawals**        |
| ***You should feel at least THREE of these symptoms . . .*** | ***It should be at least . . .*** |
| * Restless/cannot sit still
* Heavy yawning
* Bad chills or sweating
* Runny nose, tears in eyes
* Twitching, tremors or

shaking  | * Anxious or irritable
* Enlarged pupils
* Joint and bone aches
* Goose bumps
* Stomach cramps, nausea, vomiting or diarrhea
 |  **16 hours** since you used heroin/fentanyl or pain pills |
|  **24-48 hours** since you used methadone/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** | **DAY 2 & 3** |
| **Step 1** | **Step 2** | **Step 3** | Take **ALL** 6 tablets at once |
| Take 1 tablet**1 tab** | Wait 1 hourC:\Users\jpatterson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EZZKV5BS\clock_face_by_missminded[1].jpg**1 hr** | Still feel sick? Take 1 more tablet **1 tab** | Wait 1 hour C:\Users\jpatterson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EZZKV5BS\clock_face_by_missminded[1].jpg**1 hr** | Still feel sick?Keep taking 1 tablet every hour | Stop when you feel better **or** have taken all 6 tabletsC:\Users\jpatterson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EKN3NXIV\120px-Brunei_road_sign_-_Traffic_Control_Stop.svg[1].png | **6 tabs** |
| * Put the tablet under your tongue
* Keep it there until fully dissolved (10 mins)
* Do not eat or drink at this time or swallow the

medicine | Return to the Emergency Department ifyou feel **A LOT WORSE** | Follow up with any of the clinics listed on the back |