|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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 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?  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 tablets  C:\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 if  you feel **A LOT WORSE** | | | | Follow up with any of the clinics listed on the back |