

## ***About Buprenorphine***

### **1. Your brain prefers buprenorphine to any other opioid (like heroin or oxycodone).**

**What does this mean?** You must wait until you feel like you are withdrawing to start the medication - which typically happens 12 hours after taking heroin/fentanyl or prescription pills or 36-72 hours after taking methadone. The reason why you must wait is because if you take buprenorphine after recent use of an opioid you will go into withdrawal within 30 minutes of taking the medication. The worse you feel when you begin the medication, the better it will make you feel after you take it. There are medications that contain both buprenorphine and naloxone, including the brand name Suboxone. The naloxone in Suboxone and similar medications is inactive if taken as directed but if the Suboxone is smoked, snorted, or injected, the naloxone is activated and will cause instant and intense withdrawal.

### **2. Buprenorphine is taken as a film or tablet placed under the tongue.**

**What does this mean?** It only works and is effective if you allow it to sit UNDER your tongue until it FULLY dissolves. If you swallow, chew, or take with water, it will not work at all (the medication will not help you). You should avoid drinking, eating, or smoking 15 minutes before and after the dose and until it dissolves. \*NOTE: You can take a sip of water to moisten your mouth before you take your dose.

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## **Buprenorphine Beginning Treatment**

**You were given buprenorphine today in the ER because you had symptoms of opioid withdrawal. Buprenorphine is only part of the treatment for opioid use disorder.**

To make a treatment plan including help finding a clinic for regular follow-up, please go to the Psychiatric Assessment Service (PAS) at Vanderbilt Psychiatric Hospital, Monday-Friday 8am-4pm:

**1601 23rd Ave S  
Nashville, TN 37212  
(615) 327-7000**

If it is a weekend, you may visit PAS once a day to receive buprenorphine (maximum 3 days in a row) until you are able to return during business hours to make a treatment plan.

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***Your Clinic Follow-up Appointment Information***

**It is very important for you to follow-up in the Vanderbilt Bridge Clinic. This is a special clinic for treating patients with opioid use disorder.**

**The clinic is located at:**

**The Village at Vanderbilt  
1500 21<sup>st</sup> Ave S  
Suite XXXX (XX floor)  
Nashville, TN 37212  
Phone: (615) XXX - XXXX**

**Your appointment is on: \_\_\_\_\_, 20\_\_\_\_**

**at \_\_\_\_\_ A.M. / P.M.**

**If you have any questions before your appointment, please call (615) XXX-XXXX**