

Patient instructions for Suboxone use:

There should be a responsible person who can remain with you for the first day after starting on the Suboxone ®.

Be aware that the expense for the Suboxone ® is about \$5.00 to \$7.00 per tablet if buying in quantities. There is a counting fee that the pharmacy adds and if getting only a few pills at a time this can add considerably to the cost.

You must be involved in a formal drug treatment program to remain on this medication.

You must review and sign a Controlled Substance agreement that we have prepared before leaving the office today.

You must schedule a follow-up visit with me before leaving the office today (my next available).

You are to fill the Suboxone ® prescription and use it at home with a responsible person to remain with you for the 1st 24 hours.

The tablets are not scored, but may be split in half with a pill splitter or scored and split with a sharp knife (it doesn't need to be a perfect split).

You must be experiencing your typical withdrawal symptoms before starting the Suboxone ®. These withdrawal symptoms must include feeling uncomfortable and may include some abdominal cramping, loose bowels, flu like symptoms, aches and pains, goose-bumps, dilated pupils, nausea, yawning or irritability. You should be a minimum of 12 hours off all short acting opiates, preferably close to 24 hours or more. You should be a minimum of 36 hours off all long acting opiates (i.e. Methadone), preferably close to 48 hours or more. You must have been stable on \leq 40 mg Methadone daily for a week before the switching to Suboxone ®.

If you fail to start the Suboxone ® when you are in withdrawal, it could make you violently ill.

Every bit of the Suboxone ® tablet must be dissolved under the tongue. Take a sip of water before use, but not during the time the tablet is being absorbed through the veins under your tongue.

You should dissolve one half tablet under the tongue every 2 hours until you feel much better and withdrawal is mostly resolved.

You must call me and advise me if you need more than a total of 2 tablets to resolve the withdrawal.

The amount of tablets needed to relieve the withdrawal then becomes your daily dose. The daily dose may be taken sequentially at one time or divided into 2-3 times a day. If you are trying to relieve pain, I recommend that the dose be divided to 2-3 times a day.

Do not change the dose without contacting me.

You may feel "a little out of sorts" the first few days, but you should clearly be feeling much better than when you were experiencing the withdrawal prior to starting on the Suboxone ®.

Do not to drive the first day or do anything that could place you at any risk (your reflexes and functioning abilities may be somewhat impaired).

Call if you have any unexpected problems.

Not all pharmacies have the Suboxone ® in stock, but they usually can get it in within a day's time except on Fridays and weekends.

Ask me for the names of some local pharmacies on the way towards your home or near your neighborhood that do carry the Suboxone ®. The prescription may be transferred to your favorite local pharmacy several days before you need a refill.

I recommend that you remain on the Suboxone® until you are well into solid & stable recovery.

The highest risks for relapse are in the first 2 years

I do not recommend weaning off unless you have a stable home environment, stable mood, stable work

situation and a solid recovery plan that includes 12-Step Meeting involvement with a sponsor.

There are some other important issues that you must be aware of with the use of Suboxone ®:

- Suboxone ® will block effects of all other opiates.
- Suboxone ® will block effects of some medications used in surgical procedures. Physician planning procedures or the Anesthesiologist should call me to be aware of how to handle the Suboxone.
- Females must notify if pregnant or at risk of pregnancy. Should not stop Suboxone if pregnant (will need to switch to Subutex when Subutex is available).
- Suboxone/Subutex will not be "telephoned in" to your pharmacy, if you need more than you were prescribed to get to your next appointment, you are responsible for calling the office and making an appt to discuss with your doctor.

I have reviewed the instructions and information above and agree to abide by these instructions

Patient Signature
OENBRINK, KATHLEEN

10/18/2009
Date

Witness