



# BUPRENORPHINE (bupe, subs)

## WHAT CAN BUPE DO FOR ME?



Reduces cravings and withdrawal



Protects against opioid overdose



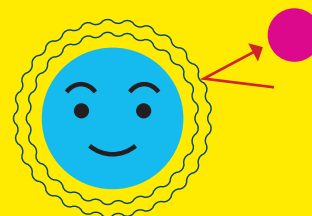
Treats pain and stabilizes energy



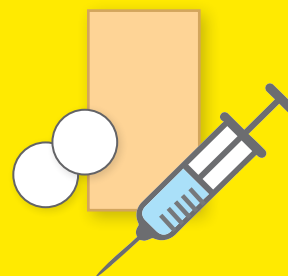
**Buprenorphine gives you control over opioids** so you can focus on your goals.

Of the medications that help people reduce or stop opioid use, **buprenorphine is unique.**

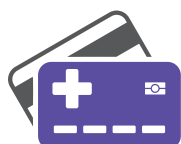
It mostly **protects** you from other opioids, so you feel **pretty normal** with or without other opioids.



You can pick buprenorphine up at a pharmacy like **any other medication.**



*Buprenorphine can be tablets, films, or injections*



MediCal, Healthy SF, and Medicare plans **cover all types of buprenorphine** (tablets, films, or injections). Most private insurance plans do too.

# SO YOU WANT TO TRY BUPE?

Would you consider an INJECTION?

YES

NO



## Direct to inject

Once you're in some/mild withdrawal, you can get an injection that lasts a week to start bupe. Take additional films or tablets as needed. Afterwards, you can stay with injections or switch to films or tablets.

How much WITHDRAWAL can you handle?

VERY LITTLE

I CAN TOUGH IT OUT

## LOW dose tabs or films

Start using bupe a week before you plan to stop your other opioids.

### Two options:

- **7 day:** take bupe 2 times a day most days
- **4 day:** take bupe 4 times a day

## HIGH dose tabs or films

Stop opioids, then when withdrawal symptoms become very severe, start bupe and increase dose over 1-2 days.

**Withdrawal (e.g., runny nose, body aches, nausea, etc.) is treatable.**

Make a plan with your provider.



**Precipitated withdrawal happens, but it can be minimized or even prevented** by starting buprenorphine with the help of an experienced provider. If it happens, consider going to the hospital where they can give you medications.

For more information, go to [ciaosf.org](https://ciaosf.org)

