



Congratulations! Today you made important decisions for your health. Thank you for talking with us today!

If you have begun Medication for Addiction Treatment in the ED, such as Suboxone® or Buprenorphine, we want you to follow up as soon as possible.

If you have a picture ID, please bring it with you. Not having an ID will not prevent you from getting care.

Insurance	Clinic	Hours
All Patients	Tarzana Treatment Center, Long Beach 5190 Atlantic Blvd Long Beach, CA 90805 Phone 818-654-3933	Walk-In: 24/7
DHS Empaneled and DHS Eligible (not Harbor Family Med)	Primary Care & Diagnostic Center (PCDC) Clinic C - Basement  1000 W. Carson St Torrance, CA 90502 Basement Clinic C (310) 222-8221	Walk-In: Monday AM Thursday AM
DHS Harbor Family Medicine Empaneled	Lomita Clinic 1430 West Lomita Blvd, 2 <sup>nd</sup> Flr Harbor City, CA 90710 (310) 534-7600	Walk-In: Tuesday AM Friday AM
DHS Empaneled, DHS Eligible, MyHealthLA, Uninsured (No OOP)	LAC+USC Medical Center Urgent Care 2051 Marengo St. 2nd Floor D/T Building Los Angeles, CA 90033 323-409-1000	Walk-In: Tuesday – Thursdays & Saturdays 8am-7pm
You can call the Substance Abuse Service Hotline 24/7 for more help (844) 804-7500		

# BUPRENORPHINE INFORMATION HANDOUT:

## What is buprenorphine and what does it do?

- Buprenorphine is safe medicine for people who have chronic pain or addiction to opioids (heroin or pain pills)
- Buprenorphine helps get rid of cravings, withdrawal, and “dope sickness,” without making you feel high
- Buprenorphine treats pain
- Many people say that when they take buprenorphine, their cravings and dope sickness go away, they feel “clear in the head,” and their chronic pain gets better
- People live longer and have fewer overdoses when they take buprenorphine
- Many people know it by brand names like Suboxone® and Subutex®
- Most people take both buprenorphine and naloxone (Narcan®) together in one strip or tab. If you use the medication incorrectly by injecting or crushing it, you will feel sick
- Buprenorphine is not a safe medication for children. Please keep out of the reach of children

## When should I take buprenorphine?

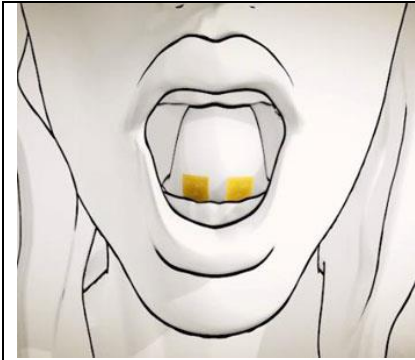
- Most people take it every 24 hours. Some people need more frequent doses.
- If you have used another opiate recently, wait 12-24 hours until you take buprenorphine
- To start, you should be feeling 3 of the following before you take buprenorphine:

<ul style="list-style-type: none"><li>• Twitching/tremors/shaking</li><li>• Joint aches</li><li>• Bad chills/sweats</li><li>• Anxious/irritable</li></ul>	<ul style="list-style-type: none"><li>• Goose pimples</li><li>• Restlessness</li><li>• Yawning</li><li>• Stomach cramps, vomiting, or diarrhea</li></ul>
<p>It is important to take buprenorphine while you're feeling some withdrawal symptoms because if you take it while other opioids are in your system, you can feel sick</p>	

## What are the side effects?

- Usually there are no side effects. A few people have headaches, stomach upset, or trouble sleeping. There are fewer side effects than with other opioids or “going cold turkey”
- People often feel sick if they stop taking buprenorphine suddenly
- The chance of an overdose on buprenorphine is very low.

## How should I take buprenorphine?



Place one strip or tab under your tongue and leave it there until it dissolves

Don't swallow it  
Don't chew it  
It dissolves.

## Plan for your follow up visit. Ask yourself these questions:

- What day will I follow up? What time? What is the address?
- How will I get there? What bus lines will get me there?
- What will I be doing right before my appointment? Will it be hard for me to get to my appointment on time?
- What will I do if I can't make it to my follow up appointment?

## Please return to the ED if

- You are needing more than 24mg or 3 strips in a 24 hour period and still feel sick

## What do I do if I overdose?

- We do not know of any adults who have overdosed on buprenorphine when used correctly
- If you are using opiates (pain pills or heroin), you are at risk of an overdose
- Opiates are sedative medications, which means that they can make you sleepy. This is extra dangerous when you take other medications that also make you sleepy.
- Sometimes you get so sleepy that you stop breathing and you could die
- If you notice yourself getting overly sleepy, or if you notice that one of your friends is getting too sleepy or not breathing, it's time to use Narcan or Naloxone, do rescue breathing, and call 911
- Things to do to reduce your risk for a fatal overdose:
  - Ask for a prescription for Naloxone.
  - Look at the naloxone kit packaging now. Learn how to use it.
  - Leave it in a safe, dry place where you can get to it easily
  - Tell your friend or your family where your Naloxone kit is