

## What is Buprenorphine?

- Buprenorphine is a medication for **chronic pain or opioid use disorder**. It sometimes includes naloxone.
- **It replaces and blocks** the effects of other opioids.
- Buprenorphine helps to:
  - stop withdrawal
  - reduce cravings
  - prevent overdose
- It is usually taken **every day**. You may feel sick if you stop it suddenly.

## What if I Stop Buprenorphine and Go Back to Using Opioids?

**Call us for advice! Or you can always try again.** We are here to support you.

The drug supply is changing and can be more potent, so withdrawal symptoms may be different than previous tries.



**REFILLS:** Follow up with your provider. May need to adjust daily dose to address cravings and withdrawal.

**DURATION:** Discuss with your provider.

## Free Services at CBHS Pharmacy

- Intranasal naloxone
- Nicotine replacement therapy and counseling (patch, gum, and lozenge)
- Clean injection supplies and sharps containers
- Medication disposal
- Fentanyl test strips

## Questions?

**Call CBHS Pharmacy**  
**628-754-9110**

1380 Howard Street, Suite 130  
San Francisco, CA 94103

### CBHS Pharmacy Service Hours

Mon-Fri: 9:00am-6:30pm  
Sat-Sun: 9:00am-12:00pm and  
1:00pm-4:00pm

*Closed on City Holidays*



San Francisco Health Network  
Community Behavioral Health Services

SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

# Welcome to Buprenorphine Macro dosing

Services and Support  
at CBHS Pharmacy



## Starting Macro dosing Buprenorphine

**Macro dosing is quickly starting buprenorphine** with the intention of continuing on a stable dose of buprenorphine.

It is putting yourself through withdrawal quickly to switch your body fully to buprenorphine.

### Day 1:

- **Stop taking the opioid**

you had been taking (like fentanyl, heroin, oxycodone, etc).

- **To start,** place \_\_\_\_\_ under the tongue.

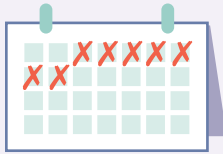
**Then take** \_\_\_\_\_ **every 1-2 hours as needed** for withdrawal.

- Take **up to 32 mg total** on the first day.

### Days 2-7:

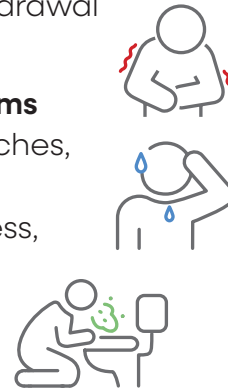
**Use the dose recommended to you:** \_\_\_\_\_

(generally 8 mg three times daily)



## What to Expect

- Macro dosing will likely lead to **intense withdrawal symptoms.**
- **The longer you wait to start,** the less severe withdrawal symptoms will be.
- **Withdrawal symptoms** can include body aches, diarrhea, vomiting, sweating, restlessness, shaking, yawning, or goosebumps.



## What if the Withdrawal Symptoms are Too Much?

- You may be provided with **additional medications for withdrawal symptoms.** Use them if you need to.
- **Call 911 or go to the hospital** if you are having trouble breathing, cannot control vomiting or diarrhea, or are experiencing changes in how you are thinking.
- If you aren't sure and are able to wait, **call CBHS Pharmacy or your provider.**



## Ready to Dose?

**Drink water before.**  
Dry mouth can slow down dissolving.



Your film or tablet must be dissolved **under the tongue.**



**Do not talk, eat, drink, smoke,** or put anything in your mouth while the medication dissolves (about 5-10 minutes).



5 mins *after* your dose has fully dissolved, **swish a large sip of water** around your mouth, then swallow.



## When is Buprenorphine Dangerous?

- **When injected or snorted**
- When taken with other things **that make you sleepy** (alcohol, GHB, benzodiazepines, certain sleep medications)

