

# Suboxone could help you—today

You may be able to start Suboxone today.

Talk to your doctor or nurse about your options. They'll review your use of opioids with you, including:

- the kind of opioids you use
- the amount of opioids you use
- how long you've used opioids.

You have to be in moderate withdrawal ("dopesick") before you can start Suboxone.

If you have an opioid use disorder, Suboxone may help you. Ask us if it's right for you.

## Do I have to pay for Suboxone?

The cost of Suboxone is covered for many people. If you do have to pay, help is available. Contact:

### **Alberta Supports**

**Web** [MyAlbertaSupports.ca](http://MyAlbertaSupports.ca)

**Call** 1-877-644-9992

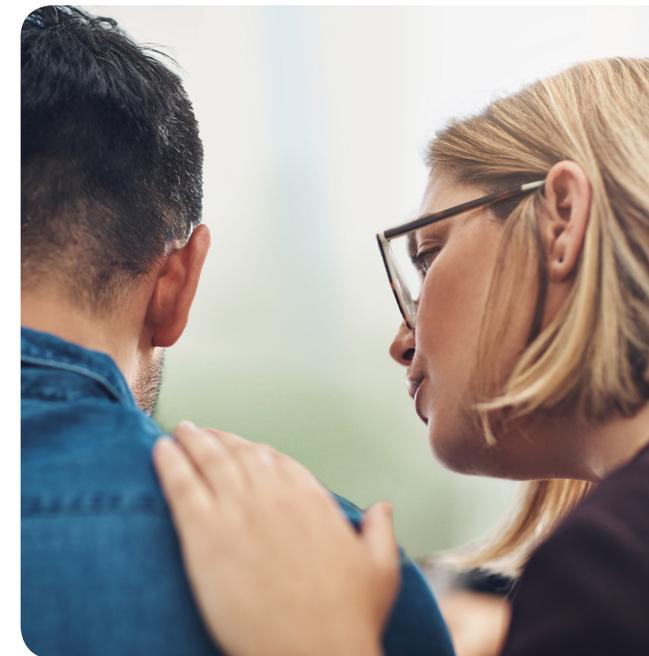
**Visit** Call to find the office closest to you

### **Government of Canada: Health Benefit for First Nations and Inuit Services**

**Call** 1-800-622-6232

# Suboxone and you

Help for your opioid use disorder



# What is Suboxone?

Suboxone is a medicine that lowers your risk of an opioid overdose. It is a combination of buprenorphine and naloxone.

When taken properly, naloxone has no effect on the body. Buprenorphine reduces cravings and withdrawal (“dopesick”) symptoms. It helps you feel normal and use opioids less often and in smaller amounts.

Once on a stable dose, some people can stop taking other opioids altogether.

# Who is Suboxone for?

Suboxone is used to treat people with opioid use disorder. A simple way of describing addiction is the presence of the 4 Cs:

- **Craving**
- Loss of **control** of the amount or how often you use
- **Compulsion** to use
- Use despite **consequences**



## What are common signs of withdrawal?

- nausea
- vomiting
- cramps
- diarrhea
- joint pain
- goosebumps
- anxiety
- irritation
- cravings
- muscle aches

# When is the right time to take Suboxone?

When you're in moderate withdrawal and feeling like you need to use opioids.

Withdrawal times vary by the type of opioid you've taken. A doctor can help you decide when to take Suboxone based on your opioid use.

## Typical withdrawal times

If you are taking	You will have moderate withdrawal
<b>Short-acting opioids:</b>	<b>12+ hours after taking</b>
<ul style="list-style-type: none"><li>• Dilaudid</li><li>• Statex</li><li>• Fentanyl</li><li>• Percocet</li><li>• Oxycodone</li><li>• Heroin</li><li>• Codeine</li><li>• Tylenol #1,2,3,4</li></ul>	
<b>Long-lasting opioids:</b>	<b>24+ hours after taking</b>
<ul style="list-style-type: none"><li>• Hydromorph Contin</li><li>• M-Eslon</li><li>• Kadian</li><li>• OxyNeo</li></ul>	
<b>Longer-lasting opioids:</b>	<b>72+ hours after taking</b>
<ul style="list-style-type: none"><li>• Methadone</li></ul>	

**Ask your doctor if you are not sure if you are using short- or long-lasting opioids. If you crush or inject your pills, this will shorten the time they last.**

# How does Suboxone work?

Suboxone reduces the risk of overdose and helps you feel normal. **Here's how:**

Taking opioids give you “highs” and “lows” requiring you to take more. One dose of Suboxone every 24 hours helps to keep you feeling normal.

# How is Suboxone taken?

Suboxone is placed under your tongue and dissolves. Your first dose is a small test dose to make sure the medication is started at the right time. After the test dose, you will be given other doses and will start to feel better.

The amount of time it takes to feel better is different for everyone. We will work with you to increase your dose as quickly as possible.

