



## **Make your first visit and buprenorphine (Suboxone®) start successful!**

- 1) Please come with photo ID and Insurance Card
- 2) **BECAUSE some insurance companies require a special “Prior Authorization” before this prescription can be approved for payment, it is possible that you may NOT receive medication on your first visit to Hawaii Health & Harm Reduction Center’s (HHHRC) Clinic.**
- 3) If you have been “inducted” (started) on Buprenorphine in the Emergency Department (ED) please follow the directions you received at time of discharge from the ED. Please come to Hawaii Health & Harm Reduction Center (HHHRC) **BEFORE** you run out of medication.

**\*We are a walk-in clinic, OR you may make an appointment (808) 521-2437**






- 4) If you need to be inducted (started) on buprenorphine, it is best if your last opioid use is about 12 hours before you arrive. We cannot start your medicine until you have mild to moderate withdrawal symptoms\* *See figure below*

### **Patient Instructions for Beginning Buprenorphine Treatment**

**Day One:** Before taking a buprenorphine tablet you want to feel lousy from your withdrawal symptoms. Very lousy. It should be at least 12 hours since you used heroin or pain pills [oxycontin (snorted), vicodin, etc...], 16 hours since oxycontin (swallowed), and at least 48 hours since you used methadone.

Wait it out as long as you can. The worse you feel when you begin the medication the more satisfied you will be with the whole experience. If you take the buprenorphine too soon, it can make you feel worse rather than better.

You should have at least 3 of the following feelings: • Twitching, tremors or shaking • Joint and bone aches • Bad chills or sweating • Anxious or irritable • Goose pimples

				
Very restless, can't sit still	Heavy yawning	Enlarged pupils	Runny nose, tears in eyes	Cramps, nausea, vomiting, or diarrhea

(Herring, A.A. 2016)

**HHHRC Clinic Location:** 677 Ala Moana Blvd Suite 226 Honolulu, HI 96813  
**Clinic Hours (by appointment or walk-in):**

Days:	Monday	Tuesday	Wednesday	Thursday	Friday
Times:	9:00-4:30	1:00-4:30	9:00-4:30	9:00-4:30	1:00-4:30