

Buprenorphine is a mild opioid, so as you stop taking it, you may have mild withdrawal symptoms which can usually be treated by using over-the-counter medications. **ONLY USE THEM AS DIRECTED ON THEIR PACKAGES.**

Diarrhea: Immodium contains a mild opioid called loperimide which in small doses can relieve diarrhea. Because loperimide is an opioid, it can also reduce many other withdrawal symptoms.

Pain: Tylenol, Motrin (ibuprofen) or Aleve (naproxen) - only use one

Sleep: Benadryl (diphenhydramine)

Anxiety: B complex vitamins can help with nervousness and shaking.

Tiredness: If you already drink coffee, then try drinking one additional cup at breakfast and/or lunch. If you don't drink coffee, then drink one cup at breakfast and/or one cup at lunch. Drinking coffee after lunch may cause insomnia.

If these over-the-counter remedies don't work, you can talk with your primary care doctor about prescription alternatives such as:

Diarrhea: Lomotil

Pain: Ultram (this is an opioid - do NOT use it with buprenorphine). You can also try prescription strength ibuprofen or naproxen.

Sleep: Ambien

Anxiety: Klonopin or Valium (avoid Xanax - highly addictive)

Tiredness: Adderall (moderately addictive)