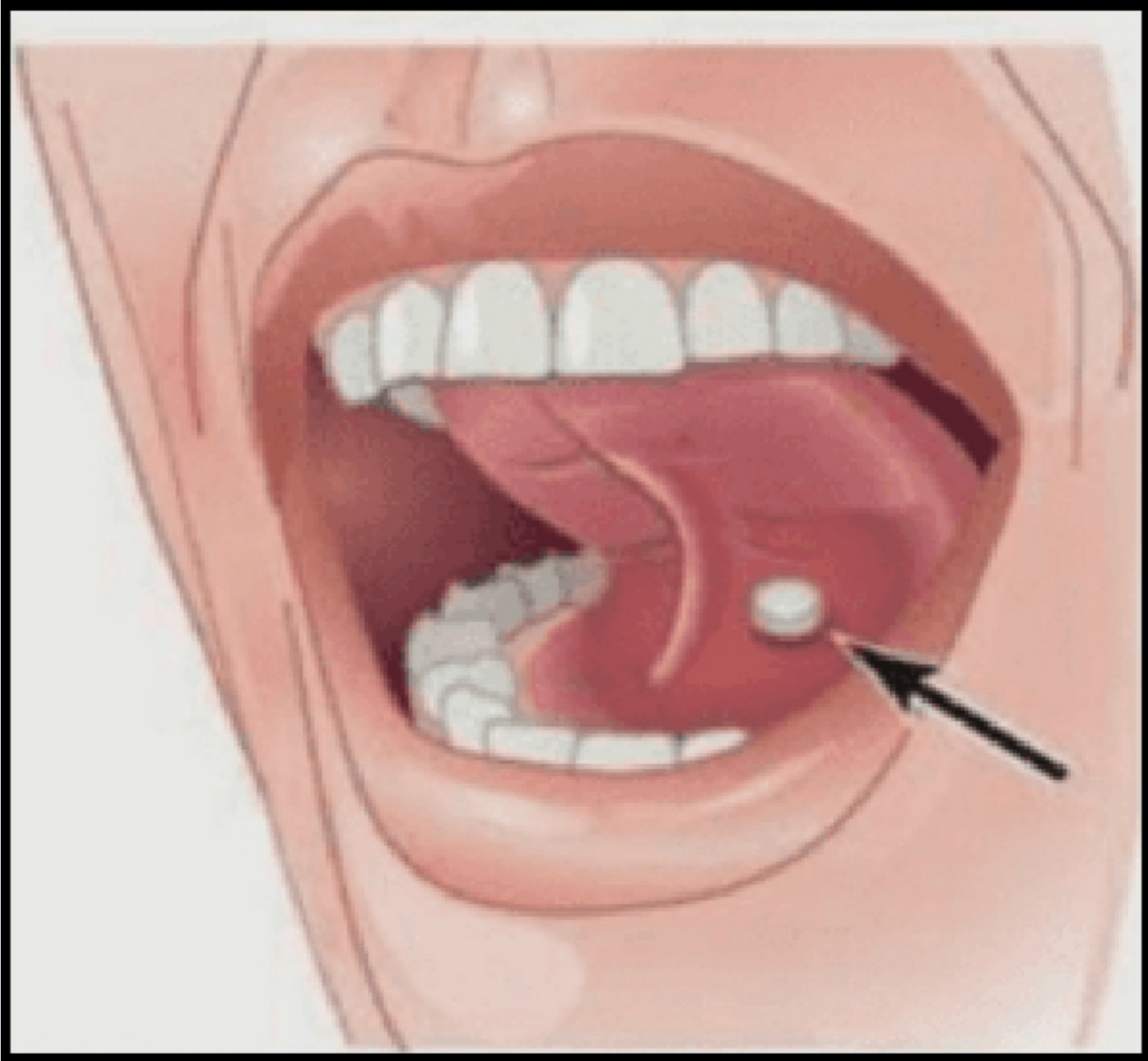


## RESTARTING 72 HOURS AFTER RELAPSE

TALK WITH DR. MITCHELL EACH AND EVERY TIME **BEFORE** YOU FOLLOW THESE INSTRUCTIONS AS YOUR MEDICAL CONDITION MAY HAVE CHANGED SINCE YOUR LAST RELAPSE AND HE MAY NEED TO GIVE YOU DIFFERENT INSTRUCTIONS.

1. Start this medication **AT HOME** or somewhere you can safely spend at least **12 HOURS** without driving.
2. **Wait 72 hours** from your last opioid use **BEFORE** going on to step 3.
3. After waiting 72 hours from your last opioid use, you must have **at least 5 of these 7** withdrawal symptoms:
  - Moderate to severe **involuntary hand shaking or tremors** that are abnormal for you.
  - Moderate to severe **restlessness, anxiety or irritability** that are abnormal for you.
  - Moderate to severe **runny nose or tearing eyes** that are abnormal for you.
  - Moderate to severe **sweating or goose bumps** that are abnormal for you.
  - Moderate to severe **body or joint pain** that are abnormal for you.
  - Moderate to severe **nausea or cramps** that are abnormal for you.
  - Moderate to severe **yawning** that is abnormal for you.
4. If you waited the 72 hours but **do not have** at least 5 of the 7 withdrawal symptoms listed above, continue waiting (do not take your first dose) and repeat **STEP 3** every 30 minutes until you do have 5 out of the 7.
5. After you have waited at least the 72 hours and you **do have** at least 5 of the 7 withdrawal symptoms listed above, take **1/4** of a pill or film as described on **PAGE 2** and then wait **3 HOURS**.
6. You can take another **1/4** every **3 HOURS IF NEEDED** until your withdrawal symptoms are all mild. After that, use it only if and when your withdrawals return but in the lowest dose possible (1/2, 1/4, 1/8, etc.)
7. If your withdrawal symptoms **increase or get worse** at any time while taking medication (STEPS 5 and 6), **STOP** taking the medication and go to an ER or Urgent Care Center.



**FIRST COMPLETE STEPS 1 THROUGH 5 ON PAGE ONE, AND THEN:**

- **DO NOT SWALLOW YOUR DOSE.**
- **PLACE 1/4 OF A PILL OR FILM UNDER YOUR TONGUE.**
- **HOLD YOUR TONGUE DOWN COMFORTABLY BUT FIRMLY FOR 20 MINUTES.**
- **YOU CAN SWALLOW, BUT DO NOT TALK, EAT, DRINK OR SMOKE DURING THE ENTIRE 20 MINUTES.**
- **WHEN THE 20 MINUTES ARE OVER, SPIT OUT WHATEVER IS LEFT UNDER YOUR TONGUE.**
- **RINSE YOUR MOUTH OUT WITH WATER.**