

How to Take Suboxone[®] Sublingual **FILM******

- **Always take your Suboxone[®] Film exactly as prescribed by your doctor.**
- **Fold along the dotted line and tear downward at the slit to open the film package. You can also use scissors to cut along the arrow if you prefer.**
- **Before taking Suboxone[®], it's a good idea to drink some water to moisten your mouth. This helps the film dissolve more easily.**
- **Make sure your hands are dry. Hold Suboxone[®] Film between two fingers by the outside edges of the film.**
- **If your dose is 1 film, place it under your tongue close to the base, lean your head slightly forward, and let the film dissolve completely. Suboxone[®] is absorbed into the bloodstream through the veins under the tongue.**
- **If your dose is 2 films, place both of them under your tongue close to the base on either side, 1 on the left side and 1 on the right side (you can use a mirror to make sure the films are in the proper places). Avoid having the Suboxone[®] Films touch. Lean your head slightly forward and let the films dissolve completely.**
- **Most people find that it is easier to set up a certain time of day that's best for them to take their Suboxone[®] (develop a routine)**
- **Suboxone[®] Film takes about 5 to 7 minutes (but sometimes more) to dissolve completely. Don't chew or swallow the film, because less medication will be absorbed into your bloodstream, it will not work as well, and your withdrawal symptoms could worsen. Never swallow or spit out the film because the film has not finished dissolving.**
- **Talking while the film is dissolving can interfere with how well Suboxone[®] is absorbed.**
- **You may want to do something that doesn't require talking, such as reading or watching television, while waiting for the film to dissolve. Some people use this time to take a shower, listen to music or play a video game.**
- **Let family and friends know that you won't be able to answer them or talk on the phone during this time.**

Above adapted from (1) *Evolving Treatment Empowering Patients*, Reckitt Benckiser, 2010 (2) *Suboxone Treatment Tips*, Reckitt Benckiser, 2009 (3) *Building Compliance for Treatment Success*, Reckitt Benckiser, 2009 and (4) *Embrace Treatment Regain Control (Facts for Patients)*, Reckitt Benckiser, 2008