

What do I do if I have pain while taking Suboxone?

1. Make sure that all of your health care providers know that you are taking Suboxone and you would prefer to avoid opiate medications, including Percocet, Lortab, tramadol, and morphine.
2. Start with what's available over-the-counter: Ibuprofen, Tylenol, stretching exercises, heating pads, ice packs, ace wraps, etc.
3. If this is inadequate, talk to your health care provider about other medications, including prescription-strength non-steroidal anti-inflammatory agents, muscle relaxants, such as Baclofen or Robaxin, and steroid injections. Ask if physical therapy might be appropriate. Make sure all infections and injuries are treated appropriately.
4. If this is inadequate, talk with your Suboxone provider about whether it might be appropriate to split your dose of Suboxone into 3 or 4 doses/day. Sometimes, the dose of Suboxone can be briefly increased as well. **DO NOT DO THIS WITHOUT TALKING TO YOUR SUBOXONE PROVIDER, OR YOU RISK RUNNING OUT OF MEDICATIONS OR BEING CUT OFF.**
5. If a health care provider feels you will need opiate medication, it is extremely important that they or you discuss this with your Suboxone provider. Opiate medications can precipitate relapse. They should be used only as a last resort when nothing else has worked. **AGAIN, DO NOT DO THIS WITHOUT TALKING TO YOUR SUBOXONE PROVIDER, OR YOU RISK BEING CUT OFF.**