

Withdrawal-Free Buprenorphine Initiation with micro-dosing

Congratulations on initiating buprenorphine! Using micro-dosing, you can transition from your usual opioid (methadone, heroin, oxycontin, or any other opioid) to buprenorphine (Suboxone) **without getting dope sick**.

You will get a prescription for **2 mg buprenorphine strips**. Use tweezers and scissors to cut them into fourths (one fourth strip = 0.5 mg) or halves (one half strip = 1 mg) as needed.

CONTINUE TAKING YOUR FULL DOSE OF USUAL OPIOID UNTIL DAY #7

Day #1: 0.5 mg = one quarter strip ONCE

Day #2: 0.5 mg x 2 = one quarter strip TWICE PER DAY

Day #3: 1 mg x 2 = one half strip TWICE PER DAY

Day #4: 2.0 mg x 2 = one whole strip TWICE PER DAY

Day #5: 3 mg x 2 = one whole strip plus one half strip TWICE PER DAY

Day #6: 4 mg x 2 = two whole strips TWICE PER DAY

Day #7: 6 mg x 2 = three whole strips TWICE PER DAY

Starting with Day #8: **Discontinue your usual opioid.**

Day #8: 8 mg x 2 = 4 whole strips TWICE PER DAY (or one 8 mg strip twice per day)

Make sure that you continue buprenorphine (starting with 8 mg twice per day, to be adjusted with your clinic prescriber) for day #8 and going forward.

If you have any trouble, return to the ER or call your buprenorphine prescriber.

two prescriptions:

1.

buprenorphine-naloxone 2 mg strips
1/4 to 6 strips daily, SL
according to microdosing schedule
dispense x 18 (eighteen) strips

2.

buprenorphine-naloxone 8 mg strips
1 strip SL bid
dispense x 48 (three weeks)
MDD: 16 mg

Day #1 - 1 strip
Day #2 - 1 strip
Day #3 - 1 strip
Day #4 - 2 strips
Day #5 - 3 strips
Day #6 - 4 strips
Day #7 - 6 strips
= 18 (eighteen) 2 mg strips
+ 16 (sixteen) 8 mg strips per week