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

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- 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