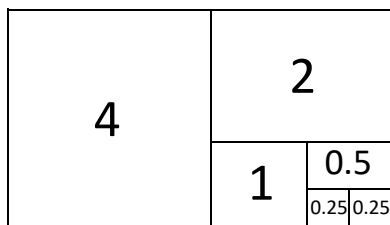
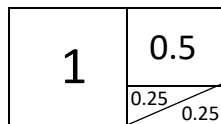


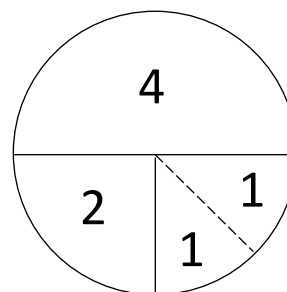
You can micro-dose with Suboxone or Subutex.



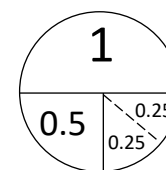
Strip: 8 mg



Strip: 2 mg



Tab: 8 mg



Tab: 2 mg

Standard Plan	Dose	Stop Methadone Day	Notes
Day 1	0.5		
Day 2	0.5 + 0.5		
Day 3	1 + 1		
Day 4	2 + 2		
Day 5	3 + 3		
Day 6	4 + 4	X	
Day 7	8 + 4 + 4		

[illegible]

How does micro-dosing work?

- You can start buprenorphine without having to stop your methadone
- You don't have to be sick (in withdrawal) to start. You can keep taking other opioids while you're getting to the right dose of buprenorphine.
- Micro-dosing starts by giving your body very small doses of buprenorphine so that your body doesn't feel it.
- The buprenorphine dose is gradually increased until you reach your goal dose of buprenorphine.
- This method usually takes between 5-10 days. The exact schedule will be determined by you and your provider.

What are the risks of micro-dosing?

- Research shows that micro-dosing works and has helped many patients transition onto buprenorphine.
- Most people do not have any side effects. Occasionally, people have some nausea, headache, fatigue, or general discomfort.
- Your provider can talk with you about adjusting the schedule or starting other medications to help with any side effects while micro-dosing.

Your provider may prescribe other medications to help with any symptoms while micro-dosing.

- CLONIDINE: Take one to two tabs up to 3 times a day if you feel anxious. ☐ 0.1 mg ☐ 0.2 mg
- HYDROXYZINE: Take one to two tabs up to 4 times a day if you feel anxious. ☐ 25 mg ☐ 50 mg
- TIZANIDINE: Take one to two tabs up to 4 times a day for leg cramps/restlessness. ☐ 0.2 mg ☐ 0.4 mg
- ONDANSETRON: Take one to two tabs up to 3 times a day for nausea/vomiting. ☐ 4 mg
- LOPERAMIDE (IMODIUM): Take one tab up to 4 times a day for diarrhea. ☐ 2 mg