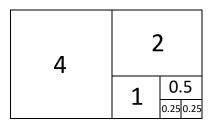
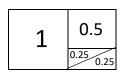
Micro-dosing is a way to start Buprenorphine without getting sick.

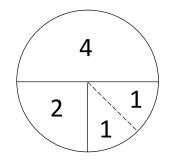
You can micro-dose with Suboxone or Subutex.



Strip: 8 mg



Strip: 2 mg



Tab: 8 mg

0.5	0.25

Tab: 2 mg

Standard Plan	Dose	Stop Heroin 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		

Personal Plan	Dose	Stop Heroin Day	Notes
Day			

How does micro-dosing work?

- You can start buprenorphine without having to stop heroin first.
- Microdosing starts buprenorphine slowly so that your body doesn't feel it.
- You don't have to be sick (in withdrawal) to start. You can keep using heroin while you're getting to the right dose.
- Once you get to 8 mg of buprenorphine you will feel the heroin less. Then stop using and increase buprenorphine to 16 mg.
- The next day go up to 20 mg if you need it.
- The next day go up to 24 mg if you need it.

Other medications. Take only the ones your doctor prescribes.

•	CLONIDINE: Take one to two tabs up to 3 times a day if you feel anxious. $\ \square\ 0.1\ mg$ $\ \square\ 0.2\ mg$
•	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. $\ \square$ 0 .2 mg $\ \square$ 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

