



## 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.     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