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

You can micro-dose with Suboxone or Subutex.

Strip: 8 mg

|  |  |
| --- | --- |
| 4 | 20.5 |
| 1 | 0.250.25 |
|  |  |

4

|  |  |
| --- | --- |
| 1 | 0.50.25 |
| 0.25 |

1

1

1

2

0.25

0.5

0.25

**Tab: 2 mg**

**Strip: 8 mg**

**Strip: 2 mg**

**Tab: 8 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 \_\_\_\_ |   |  |  |
| Day \_\_\_\_ |  |  |
| Day \_\_\_\_ |  |  |
| Day \_\_\_\_ |  |  |
| Day \_\_\_\_ |  |  |
| Day \_\_\_\_ |  |  |
| Day \_\_\_\_ |  |  |
| Day \_\_\_\_ |  |  |
| Day \_\_\_\_ |  |  |
| Day \_\_\_\_ |  |  |
| Day \_\_\_\_ |  |  |
| Day \_\_\_\_ |  |  |
| 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. 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

