OPIOID-TO-SUBOXONE **MICRODOSING PROTOCOL**

SUBSTANCE USE HEALTH AND WELLNESS DEPT. | **(617) 822-8366** | M-TH: 8:30AM-8:30PM; FRI: 8:30AM-5PM; SAT: 9AM-1PM

SUBOXONE (BUPRENORPHINE/NALOXONE) HELPS YOU MANAGE OPIOID WITHDRAWAL SYMPTOMS AND CRAVINGS

SUBOXONE DOSAGE

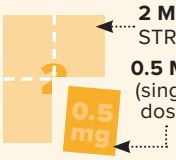
DAY 1

Continue using enough current opioid to avoid withdrawal

DAILY DOSE: One (1) 2mg strip

INSTRUCTIONS:

- Cut strip into 4 equal parts
- Take **¼ strip ≈ every 6 hours**



- ☐ **Dose 1:** ¼ (.5mg) 2mg strip
- ☐ **Dose 2:** ¼ (.5mg) 2mg strip
- ☐ **Dose 3:** ¼ (.5mg) 2mg strip
- ☐ **Dose 4:** ¼ (.5mg) 2mg strip

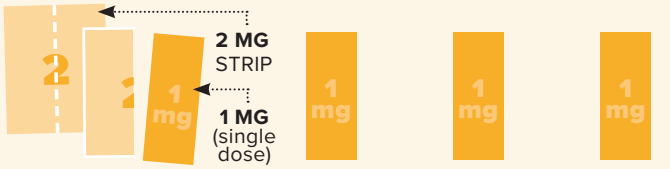
DAY 2

Continue using enough current opioid to avoid withdrawal

DAILY DOSE: Two (2) 2mg strips

INSTRUCTIONS:

- Cut 2 strips into 2 equal parts
- Take **½ strip ≈ every 6 hours**



- ☐ **Dose 1:** ½ (1mg) 2mg strip
- ☐ **Dose 2:** ½ (1mg) 2mg strip
- ☐ **Dose 3:** ½ (1mg) 2mg strip
- ☐ **Dose 4:** ½ (1mg) 2mg strip

2 mg strips

DAY 3

Continue using enough current opioid to avoid withdrawal

DAILY DOSE: Four (4) 2mg strips

INSTRUCTIONS:

- Take **one (1) 2mg strip ≈ every 6 hours**

- ☐ **Dose 1:** One full 2mg strip
- ☐ **Dose 2:** One full 2mg strip
- ☐ **Dose 3:** One full 2mg strip
- ☐ **Dose 4:** One full 2mg strip

2 mg strips

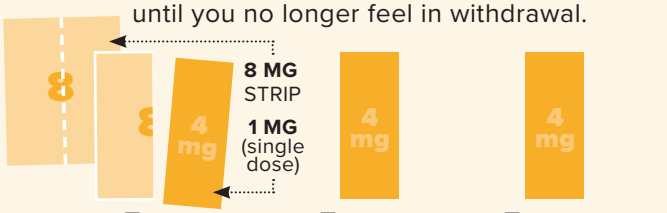
DAY 4

STOP using current opioid

DAILY DOSE: 8 – 16mg

INSTRUCTIONS:

- **½ 8mg strip ≈ every 4-6 hours** until you no longer feel in withdrawal.



- ☐ **Dose 1:** ½ (4mg) 8mg strip
- ☐ **Dose 2:** ½ (4mg) 8mg strip
- ☐ **Dose 3:** ½ (4mg) 8mg strip

8 mg strips

NOTE:

- **Keep medication under your tongue until fully disolved** (this can take up to 10 min) **or it will not work.** Do no chew or swallow.
- Do not eat, drink, or swallow while strip is dissolving.
- Contact your provider to let them know you took your first dose.

It usually takes **20-45 min** for the medication to start to work.

If you feel A LOT worse: Contact your provider if your symptoms feel a lot worse. This happens when you start before you are in enough withdrawal.

HARM REDUCTION

Always use clean works/needles and take steps to avoid overdose.

Do you have Narcan? Do you, your friends, and family know how to use it? If not, talk to your provider.

Do you use PrEP? PrEP is a drug that can help prevent HIV. If you'd like to learn more about PrEP, talk to your provider.

Codman Square Health Center

637 WASHINGTON ST., DORCHESTER, MA 02126 | (617) 822-8271 | CODMAN.ORG

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