

Suboxone (Buprenorphine-Naloxone) Self-guided Micro-Induction Protocol with Cross-Taper

If you need support or linkage to care after your emergency department visit, call the **CareConnect Warmline at 484-278-1679** to speak with a substance use navigator.





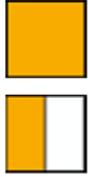





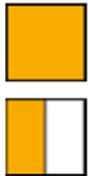


How to take your medicine:

Do not eat, drink, or smoke for 15 minutes before and 15 minutes after taking your medicine. Let the tablet or strip fully melt in your mouth. Try not to swallow or talk as you will take in less medicine.

Low Dose Suboxone® Start (“Micro-Induction”) with Cross-Taper:

You will start with a small amount of Suboxone and increase gradually over several days. You do not have to be in withdrawal to start, and you may use other opioids to comfort while your suboxone dose is going up. You should stop using other opioids on Day 7.

You can follow the directions below or you can increase your dose of Suboxone more quickly or slowly if needed.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Buprenorphine dose	0.5mg (1/4 strip) daily	0.5mg (1/4 strip) twice daily	1mg (1/2 strip) twice daily	2mg (1 strip) twice daily	3mg (1 1/2 strips) twice daily	4mg (2 strips) twice daily	6mg (3 strips) twice daily
Morning dose							
Night dose							

DAY 1

How to take your first dose

***If you had your first dose in the emergency room: You are done for the day.

***If you are starting your first dose at home: Cut a 2 mg suboxone strip into 4 pieces. Take one small piece (one quarter) of a strip. This is 0.5 mg.

DAY 2

Continue using the first 2 mg suboxone strip that you cut into 4 pieces from Day 1. Take one piece (0.5 mg) twice a day. Your total daily dose will be 1 mg.

DAY 3

Cut a 2 mg suboxone strip in 2 pieces.

Take one half of a strip (1 mg) twice a day. Your total daily dose will be 2 mg.

DAY 4

Take a 2 mg strip twice a day. Your total daily dose will be 4 mg.

Day 5

Cut a 2 mg suboxone strip in 2 pieces.

Take one and a half strips (3 mg) twice a day. Your total daily dose will be 6 mg.

Day 6

Take two 2 mg strips (4 mg) twice a day. Your total daily dose will be 8 mg.

Day 7

Take three 2 mg strips (6 mg) twice a day. Your total daily dose will be 12 mg.

If you have additional strips, you may take them to treat any remaining withdrawal that you have. You should be able to decrease other opioids without having significant withdrawal. If you're still having cravings or using opioids, discuss this with your provider at your follow-up visit and they will decide if your dose needs to be adjusted.

What to do if you have precipitated withdrawal?

You will know that you have this if you start to feel very sick. Severe symptoms may be: aches/pains, vomiting, diarrhea, chills, stomach pains, yawning, runny nose, watery eyes.

For many people with severe withdrawal additional suboxone will be helpful and you can take a higher dose (8 full strips) at the same time.

If your symptoms do not get better or you're feeling very sick, you should return to the emergency room.

Other important things to know:

- Keep your Suboxone® in a safe place. Keep away from children and other adults.
- Do not take other medicines or substances that make you sleepy. These may be alcohol or medicines for anxiety (like Xanax® and Klonopin®), sleep or pain.
- Make sure that you have Narcan. You and others you spend time with should know how to use it. If you need more Narcan, ask your provider.