

## Suboxone Microdosing Instructions:

For the first three to four days, you will be using the 2 mg suboxone strips. This process requires you to cut the strip into four equal pieces (0.5 mg dose) or two equal pieces (1 mg dose). Starting on day four you can begin using 8 mg strips. You may still need to cut these in half at times (4 mg dose).

Don't forget to use your supportive medications as needed! See Instructions below.

### Suboxone dosing:

- Day One:
  - o Cut one 2 mg strip into four equal pieces (quarters)
  - o Every 6 hours, take one quarter of the strip (0.5 mg dose of suboxone)
  - o Total dose for day one: 2 mg (one strip)
- Day Two:
  - o Cut two 2 mg strips into two equal pieces (halves)
  - o Every 6 hours, take one half of the strip (1 mg dose of suboxone)
  - o Total dose for day two: 4 mg (two strips)
- Day Three:
  - o No strip cutting required!
  - o Every 6 hours, take one 2 mg strip
  - o Total dose for day three: 8 mg (four strips)
- Day Four:
  - o In the morning, take 12 mg of suboxone (one and a half 8 mg strips)
  - o If you have stopped the full opioid (fentanyl, heroin, oxycodone), okay to take another 4 mg (two 2 mg strips or half 8 mg strip) in the afternoon/evening.
  - o Total dose for day four: 12-16 mg
- Day Five:
  - o In the morning, take 16 mg of suboxone (two 8 mg strips).
  - o If you have stopped the full opioid, okay to take another 8 mg strip later that afternoon or evening.
  - o Total dose for day five: 16-24 mg
- Day Six and beyond:
  - o Continue taking 16 or 24 mg of suboxone (two or three 8 mg strips) per day.
  - o You can take your full dose of suboxone once per day or split it up two or three times per day.

### Supportive medications:

- Imodium for diarrhea
  - o Take 2 capsules for first dose, then one capsule after each liquid stool.
  - o Max 8 capsules/day.
- Trazodone for sleep

- o Take 1-2 tablets at bedtime as needed.
- Zofran for nausea
- o Take 1 tablet every 6 hours as needed.
- Ibuprofen for pain
- o Take 1 tablet three times a day with food as needed.
- Hydroxyzine for anxiety
- o Take 1 tablet four times per day as needed.
- Clonidine for withdrawal symptoms
- o Take 1 tablet every 4 hours as needed.
- Bentyl for stomach cramping
- o Take 1 tablet three times per day as needed.

Questions:

- How do I get a hold of my provider if I need help?
- o Call the out patient clinic at 720-848-3037 or message your provider via MyHealthConnection.
- What do I do if I run out or have trouble filling my suboxone prescription over a weekend and I can't get a hold of anyone?
- o Go to an Emergency Room or Urgent Care and let them know you are starting on suboxone but could not fill your prescription. They should be able to give you a short prescription to get you through the weekend. Call our clinic first thing Monday morning.
- I'm feeling really terrible. Should I go to the ER?
- o Go to the ER for help if you:
  - ? Are having thoughts of harming yourself or someone else.
  - ? Cannot keep down any fluids for over 12 hours.
  - ? Have not urinated in over 8 hours due to severe dehydration.