

How does micro-dosing work?

- You can start buprenorphine without having to stop your methadone
- You don't have to be sick (in withdrawal) to start. You can keep taking other opioids while you're getting to the right dose of buprenorphine.
- Micro-dosing starts by giving your body very small doses of buprenorphine so that your body doesn't feel it.
- The buprenorphine dose is gradually increased until you reach your goal dose of buprenorphine.
- This method usually takes between 5-10 days. The exact schedule will be determined by you and your provider.

What are the risks of micro-dosing?

- Research shows that micro-dosing works and has helped many patients transition onto buprenorphine.
- Most people do not have any side effects. Occasionally, people have some nausea, headache, fatigue, or general discomfort.
- Your provider can talk with you about adjusting the schedule or starting other medications to help with any side effects while micro-dosing.

Your provider may prescribe other medications to help with any symptoms while micro-dosing.

- 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