

## DOSING AND WEANING

### **DOSING WHILE NOT IN RELAPSE - IF YOU ARE IN RELAPSE, CALL DR. MITCHELL:**

Do not take Suboxone or Subutex by the clock. It is never “time” to take your medication unless you are having cravings or withdrawals.

Instead, **BEFORE** each dose, ask yourself the following question:

Am I taking it for cravings or withdrawals?

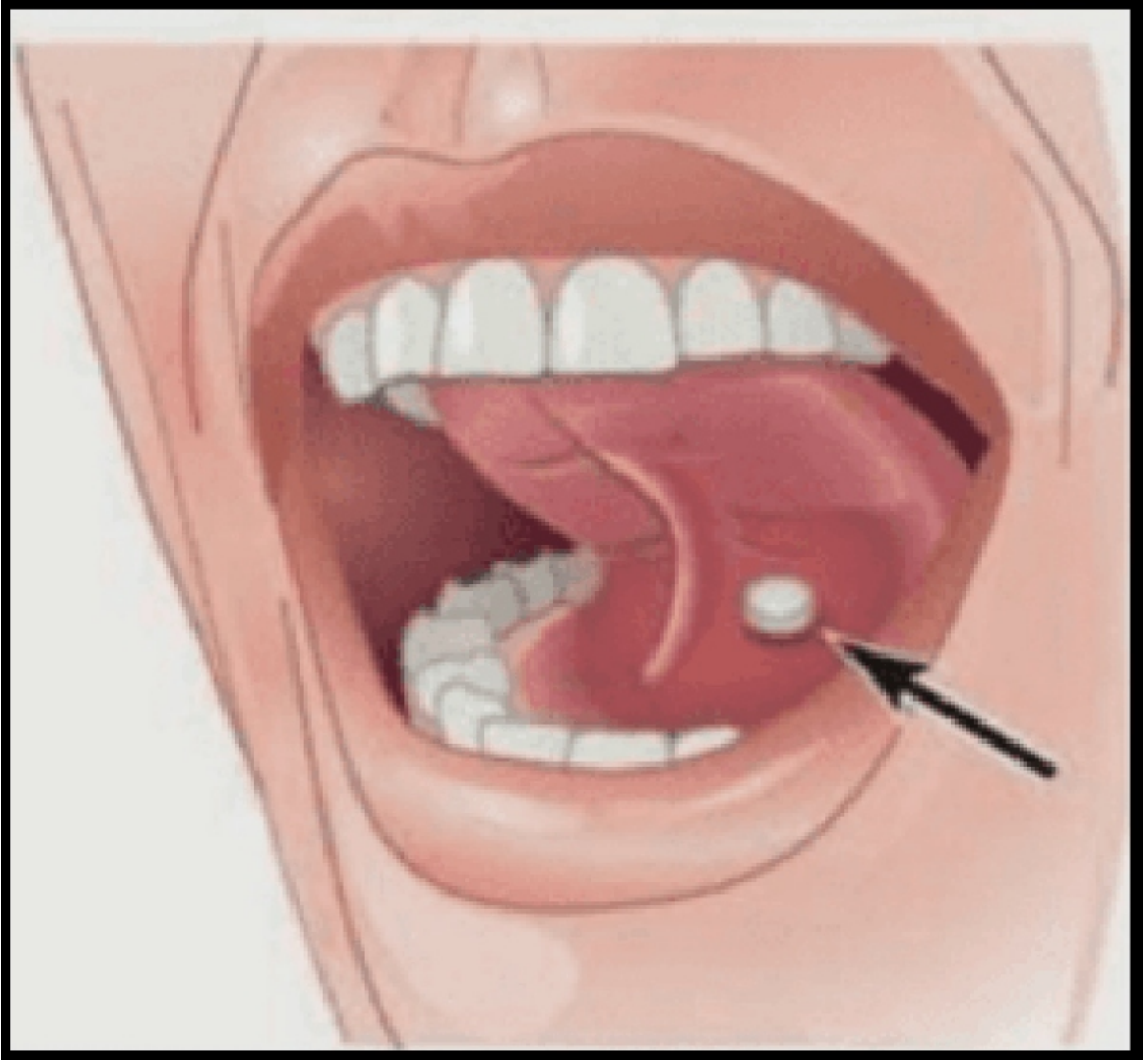
- If your honest answer is “YES,” then use the lowest dose possible ( 1/2, 1/4, 1/8, etc.)
- If your honest answer is “NO,” then don’t use the medication. Deal with your stress some other way.
- If your honest answer is “I’M NOT SURE,” then wait a half-hour and ask yourself this question again. You can always take medication later in the day if the cravings or withdrawals persist.

### **WEANING:**

If you take the medication in the lowest dose possible, only if and when you have cravings or withdrawals, then you will naturally wean yourself off the medication when you are ready to stop.

The withdrawal symptoms from stopping Suboxone or Subutex can range from nothing to mild flu-like symptoms (mild is defined as you could still go to work). These symptoms last about three to five days, so bear with them.

If your symptoms are worse than “mild,” then you are not ready to stop, so restart the medication at the lowest dose possible, and use it only if and when you have cravings or withdrawals.



- **DO NOT SWALLOW YOUR DOSE.**
- **PLACE YOUR DOSE (1/2, 1/4, 1/8, ETC.) UNDER YOUR TONGUE.**
- **HOLD YOUR TONGUE DOWN COMFORTABLY BUT FIRMLY FOR 20 MINUTES.**
- **YOU CAN SWALLOW, BUT DO NOT TALK, EAT, DRINK OR SMOKE DURING THE ENTIRE 20 MINUTES.**
- **WHEN THE 20 MINUTES ARE OVER, SPIT OUT WHATEVER IS LEFT UNDER YOUR TONGUE.**
- **RINSE YOUR MOUTH OUT WITH WATER.**