

**GO AT YOUR OWN PACE**

you can go back up  
you can skip days  
you can pause

**PILLS** (use a pill cutter)

4mg dose = cut a 8mg pill in half  
2mg dose = cut a 8mg pill in quarters  
2mg dose = use a 2mg pill  
1mg dose = cut a 2mg pill in half  
0.5mg dose = cut a 2mg pill in quarters

**FILMS** (use clean scissors)

4mg dose = cut a 8mg film in half  
2mg dose = cut a 4mg film in half  
1mg dose = cut a 2mg film in half  
0.5mg dose = cut a 1mg film in half

**NON-PRESCRIPTION WITHDRAWAL MEDICATIONS** (use only as directed on the package)

**Diarrhea** Immodium contains a mild opioid called loperimide which in small doses can relieve diarrhea. Because loperimide is an opioid, it can also reduce many other withdrawal symptoms.

**Pain** Tylenol, Motrin (ibuprofen) or Aleve (naproxen) - only use one of them

**Sleep** Benadryl (diphenhydramine)

**Anxiety** B complex vitamins can help with nervousness and shaking.

**Tiredness** If you already drink coffee, then try drinking one additional cup at breakfast and/or lunch. If you don't drink coffee, then drink one cup at breakfast and/or one cup at lunch. Drinking coffee after lunch may cause insomnia.

**PRESCRIPTION WITHDRAWAL MEDICATIONS** (talk to your primary care doctor)

**Diarrhea** Lomotil

**Pain** Ibuprofen or Naproxen prescription strength (**DO NOT USE ULTRAM** because it is an opioid and may cause severe withdrawal symptoms or seizures with buprenorphine)

**Sleep** Ambien

**Anxiety** Klonopin or Valium (avoid Xanax - highly addictive)

**Tiredness** Adderall (moderately addictive)

**24MG**

- Day 1 take 4mg 6 times/day
- Day 2 take 4mg 6 times/day
- Day 3 take 4mg 6 times/day
- Day 4 take 4mg 6 times/day

**22MG**

- Day 5 take 4mg 5 times/day and 2mg at bedtime
- Day 6 take 4mg 5 times/day and 2mg at bedtime
- Day 7 take 4mg 5 times/day and 2mg at bedtime
- Day 8 take 4mg 5 times/day and 2mg at bedtime

**20MG**

- Day 9 take 4mg 5 times/day
- Day 10 take 4mg 5 times/day
- Day 11 take 4mg 5 times/day
- Day 12 take 4mg 5 times/day

**18MG**

- Day 13 take 4mg 4 times/day and 2mg at bedtime
- Day 14 take 4mg 4 times/day and 2mg at bedtime
- Day 15 take 4mg 4 times/day and 2mg at bedtime
- Day 16 take 4mg 4 times/day and 2mg at bedtime

**16MG**

- Day 17 take 4mg 4 times/day
- Day 18 take 4mg 4 times/day
- Day 19 take 4mg 4 times/day
- Day 20 take 4mg 4 times/day

**14MG**

- Day 21 take 4mg 3 times/day and 2mg at bedtime
- Day 22 take 4mg 3 times/day and 2mg at bedtime
- Day 23 take 4mg 3 times/day and 2mg at bedtime
- Day 24 take 4mg 3 times/day and 2mg at bedtime

**12MG**

- Day 25 take 4mg 3 times/day
- Day 26 take 4mg 3 times/day
- Day 27 take 4mg 3 times/day
- Day 28 take 4mg 3 times/day

**10MG**

- Day 29 take 4mg 2 times/day and 2mg at bedtime
- Day 30 take 4mg 2 times/day and 2mg at bedtime
- Day 31 take 4mg 2 times/day and 2mg at bedtime
- Day 32 take 4mg 2 times/day and 2mg at bedtime

**8MG**

- Day 33 take 2mg 4 times/day
- Day 34 take 2mg 4 times/day
- Day 35 take 2mg 4 times/day
- Day 36 take 2mg 4 times/day

**6MG**

- Day 37 take 2mg 3 times/day
- Day 38 take 2mg 3 times/day
- Day 39 take 2mg 3 times/day
- Day 40 take 2mg 3 times/day

**4MG**

- Day 41 take 2mg 2 times/day
- Day 42 take 2mg 2 times/day
- Day 43 take 2mg 2 times/day
- Day 44 take 2mg 2 times/day

**3MG**

- Day 45 take 1mg 3 times/day
- Day 46 take 1mg 3 times/day
- Day 47 take 1mg 3 times/day
- Day 48 take 1mg 3 times/day

**2MG**

- Day 49 take 1mg 2 times/day
- Day 50 take 1mg 2 times/day
- Day 51 take 1mg 2 times/day
- Day 52 take 1mg 2 times/day

**1MG**

- Day 53 take 1mg 1 time/day
- Day 54 take 1mg 1 time/day
- Day 55 take 1mg 1 time/day
- Day 56 take 1mg 1 time/day

**0.5MG**

- Day 57 take 0.5mg 1 time/day
- Day 58 take 0.5mg 1 time/day
- Day 59 take 0.5mg 1 time/day
- Day 60 take 0.5mg 1 time/day

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