

Slower Suboxone Bernese Method Taper:

Day 1: Use the Butrans patch for one day

Day 2: Take 1/4 strip (0.5mg) 2x/day - total 1mg

Day 3: Take 1/2 strip (1mg) 2x/day - total 2mg per day

Day 4: Take 1 strip (2mg) 2x/day - total 4mg per day

Switch to 8mg strips:

Day 6: Take 1/2 strip (4mg) 2x/day - total 8mg per day

Day 7: Take 1 strip (8mg) 2x/day - total 16mg per day and up to 4 strips per day as tolerated