

### **Bernese Method Suboxone Taper:**

Take a gradual, daily increasing dose taper of Suboxone strips, and you can continue to use your full agonist opioid that you were using previously (such as oxycodone, heroin, fentanyl, methadone, etc) to prevent withdrawals and ensure that you're able to fully taper up onto Suboxone.

Day 1: Take 1/4 strip (0.5mg)

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

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

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

Total = 4 strips of 2-0.5mg filmstrips

Switch to 8mg strips:

Day 5: Take 1/2 strip (4mg) 2x/day - 8mg

Day 6: Take 1 strip (8mg) 2x/day - 16mg

If you want to increase your taper above 16mg:

Day 7: Take 1 strip (8mg) 3x/day - 24mg

Day 8: Take 1 strip (8mg) 4x/day - 32mg