

Withdrawal Based Suboxone Taper:

After each step, wait until you feel withdrawals again or If you continue to feel that you're in withdrawal at least 1 hour after each step, then proceed to the next step.

Stop at the point at which you no longer experience withdrawal - that can range from 8mg to 32mg.

Using 2mg strips

Step 1: Take 1/4 strip (0.5mg) - total 0.5mg

Step 2: Take 1/4 strip (0.5mg) - total 1mg

Step 4: Take 1/2 strip (1mg) - total 2mg

Step 6: Take 1 strip (2mg) - total 4mg

Step 7: Take 2 strip (4mg) - total 8mg

Switch to 8mg strips:

Step 8: Take 1 strip (8mg) - total 16mg

Step 9: Take 1 strip (8mg) - total 24mg

Step 10: Take 1 strip (8mg) - total 32mg