

## Basic Guidelines for Providers New to Buprenorphine Prescribing

### Rapid Medically Managed Withdrawal “Detox”

- “Detox” is done frequently, but it is rarely successful in helping the patient achieve long-term sobriety unless accompanied by intensive psychosocial treatment.
- (The “detox” approach can actually increase a patient’s overdose risk, due to reduced tolerance, and abrupt return to use after period of abstinence.)
  - Only recommended in very specific circumstances, including patient going into incarceration or abstinence-based in-patient program
  - The usual detox is over two weeks.
    - ▶ Start at 8mg twice daily x 2 days, then 6 mg twice daily x 2 days, then 8 mg daily x 2 days, then 6 mg daily x 2 days, then 4 mg daily x 2 days, then 2 mg daily x 2 days, then 1 mg daily x 2 days, then stop.
- This is a common dosing schedule for correctional facilities which use buprenorphine strictly for safer, more humane withdrawal management.