



**OUTPATIENT
ADDICTION
RECOVERY
SERVICES**

As your recovery progresses, you may want to cut down the amount of Buprenorphine (Subutex, Suboxone, Zubsolv) that you take. We help you do this in a controlled manner to make sure that you stay protected from overdoses and also don't experience any significant withdrawal symptoms. We use the schedule below as a generalized roadmap to help you get opioid free in a safe way. Comfort medications are prescribed when necessary.

	AM	PM	MG	% BUCKET
USUAL BUPRENORPHINE MAINTENANCE PHASE			16	
WEANING WEEKS 1 AND 2			14	
WEANING WEEKS 3 AND 4			12	
WEANING WEEKS 5 AND 6			10	
WEANING WEEKS 7 AND 8			8	
WEANING WEEKS 9 AND 10			6	
WEANING WEEKS 11 AND 12			4	
WEANING WEEKS 13 AND 14		X	2	
WEANING WEEKS 15 AND 16	X	X	0	

**We provide comfort medications to help with this last step*

Sometimes getting off of buprenorphine or methadone is a challenge, and you will experience some withdrawal symptoms. Research shows that trying to wean off of buprenorphine (lowering your dose) too quickly leads to a high risk of failure and drug use relapse. It takes up to 5 half-lives for a medication to reach a steady state.

For buprenorphine, that is 1-2 weeks. Our weaning schedule at OARS makes a small change every 2 weeks to limit withdrawal symptoms and improve your success of getting off of these medications. To make the process easier, we prescribe the following **comfort medications** to ease withdrawal symptoms.

WITHDRAWAL SYMPTOM	COMFORT MEDICATIONS	HOW TO USE THESE COMFORT MEDICATIONS
General Symptoms General Symptoms Anxiety Anxiety, Restlessness Sweating, Muscle Aches, Agitation Nausea and Vomiting Restless leg syndrome Aches and pain Insomnia (with Depression) Insomnia (with Bipolar) Insomnia (with Anxiety)	Water Medical Marijuana Vistaril Neurontin Clonidine Zofran Requip Motrin Trazodone Seroquel Doxepin	10-12 glasses of water, juice, or Gatorade 2.5-20 mg THC / CBD 3 times each day 25 mg tablets 3 times a day as needed 300 mg tablets 3 times a day as needed 0.1 mg tablet 3 times a day as needed 4 mg tablets 4 times a day as needed 1 mg tablets twice a day as needed 600 mg 4 times a day as needed 100 mg tablet each night as needed 100 mg tablet each night as needed 100 mg tablet each night as needed

MENTAL HEALTH MEDICATIONS

Many of the patients in our substance use disorder clinics have other undiagnosed, untreated, or undertreated mental health issues. Our providers at OARS use the following medications to treat some of these conditions. We start with a low dose and increase the dose slowly each week to get you to a helpful goal that does not cause side effects.

Please discuss with your OARS provider, how you are feeling and what symptoms to have, to see if any of these medications may be of help to you. We DO NOT provide stimulants for ADD/ADHD or benzodiazepines for anxiety! Please consider Medical Marijuana as a more natural way to approach several of these issues. We can certify you if you're interested. balancedhcs.com.

ANXIETY	Buspirone (Azaspirone) Effexor (SNRI) Cymbalta (SNRI) Paxil (SSRI) Prozac (SSRI)	10-15 mg three times each day 37.5-225 mg each day 20-30 mg 2 times each day 10-40 mg each day 10-60 mg each day
BIPOLAR	Abilify (Atypical AP) Depakote (Antiepileptic) Lamictal (Phenyltiazine) Seroquel (Dibenzothiazepine) Topamax (Sulfamate)	5-30 mg each day (2 -5 mg depression) 125-250 mg 3 times each day 25-100 mg bid 50-200 mg at night (helps insomnia) 50-100 mg bid
DEPRESSION	Celexa (SSRI) Cymbalta (SNRI) Effexor (SNRI) Lexapro (SSRI) Prozac (SSRI) Remeron (Cent Alpha 2 Ant) Trazadone (Trizolopyridine) Trintellix (Ser Ag and Antag) Viibryd (SSRI and Ser Ag) Wellbutrin (Aminoketone) Zoloft (SSRI)	20-40 mg each day 20-30 mg 2 times each day 37.5-225 mg each day 10-20 mg each day 10-60 mg each day 15-45 mg each night (helps insomnia) 50-200 mg each night (helps insomnia) 5-20 mg each day (use for failure of others) 10-40 mg each day 100-150 mg 2 times each day (avoid at night) 25-100 mg each night (helps insomnia)
OCD	Anafranil (TCA) Paxil (SSRI) Prozac (SSRI)	25-100 mg each day 20-60 mg each day 20-80 mg each day
PTSD	Paxil (SSRI) Prozac (SSRI)	20-60 mg each day 10-60 mg each day
PAIN SYNDROMES (avoid Tylenol products)	Cymbalta (SNRI) Meloxicam (NSAID) Naproxen (NSAID) Neurontin (Gabapentin) Ibuprofen (NSAID)	20-30 mg 2 times each day 7.5-15 mg each day (with food) 500 mg 2 times each day (with food) 100-300 mg 3 times each day (Max 900 mg) 300-800 mg 3 times each day (with food)