



## MS Contin 30 mg

### Taper

#### How to Taper Your MS Contin 30 mg +/- Short-Acting Opioid Agent

Are you taking MS Contin 30 mg tablets twice daily plus one of the following opioid medications?

- + Percocet (oxycodone/acetaminophen) 10/325 mg tabs: 1 tab by mouth 3-4x daily
- + Oxycodone IR 10 mg tabs: 1 tab by mouth 3-4x daily

If you are using MS Contin and taking one of these medications, or something similar, you may be appropriate to taper off your MS Contin. You can be transitioned slowly off of your MS Contin, working with your provider to make sure your pain is controlled while avoiding significant withdrawal.

1. You will also be prescribed NALOXONE. You and your support member/s will be counseled on appropriate use of the naloxone prior to beginning the taper. Naloxone is a medication that reduces the risk of death from taking too many opioids. This is a key safety measure.
2. Talk to your provider about other nonopioid medications and nonpharmacologic treatments that can help augment pain and mitigate withdrawal.
3. Use a chart, calendar, and/or medication box to help keep you on track with the correct opioid dosage each week.
4. Plan out a reasonable **taper schedule**. The table below shows how decrease the MS Contin dose, along with increased immediate-release (IR) oxycodone product, whenever the fentanyl dose drops. For representation purposes, the table will assume the patient is taking a concomitant IR oxycodone product at 10 mg (+/- APAP) per dose 4x daily.
  - + Whenever the MS Contin dose is dropped, it takes at least 24 hours for the body to eliminate the old dose and equilibrate to the new dose; that is why it's important to follow the IR opioid dosing instructions carefully:
    - + On Day 1 when the MS Contin dose drops, increase the IR 10 mg oxycodone tab to 1.5 tab/dose (i.e. 15 mg) at the 12-18 hour mark and then continue per the table.
    - + On Day 120 when the MS Contin dose drops in frequency, take the IR 5 mg oxycodone 1.5 tab/dose (i.e. 7.5 mg) for the first two concomitant doses, then increase to 10 mg/dose at the 18 hour mark and then continue per the table.
    - + Once you are off the MS Contin completely, your IR oxycodone can also be further tapered if desired or necessary.
  - + This schedule can be accelerated based on individual response and conversations with your doctor. The goal is to get you to the finish line safely, not how quickly you get there!



# Compass Opioid Prescribing + Treatment Guidance Toolkit

| Time Point                  | MS Contin Taper Recommendation |                  |        |        |       | MME   |
|-----------------------------|--------------------------------|------------------|--------|--------|-------|-------|
|                             | MS Contin Rec                  | IR Oxycodone Rec |        |        |       | 120   |
| Day 1 (Initial Appointment) | ↓ to MS Contin 15 mg 2x daily  | 10 mg            | 10 mg  | 15 mg  | 15 mg | 120   |
| Day 2                       | Continue                       | 15 mg            | 15 mg  | 15 mg  | 15 mg | 120   |
| Day 7                       | Continue                       | 15 mg            | 15 mg  | 10 mg  | 15 mg | 112.5 |
| Day 30 (Apt)                | Continue                       | 10 mg            | 15 mg  | 10 mg  | 15 mg | 105   |
| Day 44                      | Continue                       | 10 mg            | 10 mg  | 10 mg  | 15 mg | 97.5  |
| Day 60 (Apt)                | Continue                       | 10 mg            | 10 mg  | 10 mg  | 10 mg | 90    |
| Day 74                      | Continue                       | 7.5 mg           | 10 mg  | 10 mg  | 10 mg | 86.25 |
| Day 90 (Apt)                | Continue                       | 7.5 mg           | 10 mg  | 7.5 mg | 10 mg | 82.5  |
| Day 104                     | Continue                       | 7.5 mg           | 7.5 mg | 7.5 mg | 10 mg | 78.75 |
| Day 120 (Apt)               | ↓ to MS Contin 15 mg 1x daily  | 7.5 mg           | 7.5 mg | 10 mg  | 10 mg | 75    |
| Day 121                     | Continue                       | 10 mg            | 10 mg  | 10 mg  | 10 mg | 75    |
| Day 134                     | Continue                       | 7.5 mg           | 10 mg  | 10 mg  | 10 mg | 71.25 |
| Day 150 (Apt)               | Continue                       | 7.5 mg           | 7.5 mg | 10 mg  | 10 mg | 67.5  |
| Day 164                     | Continue                       | 7.5 mg           | 7.5 mg | 7.5 mg | 10 mg | 63.75 |
| Day 180 (Apt)               | Stop MS Contin                 | 10 mg            | 10 mg  | 10 mg  | 10 mg | 60    |

## Dosing Help

15 mg dose = 1.5 x 10 mg tab

7.5 mg dose = 1.5 x 5 mg tab

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Developed in collaboration with Stader Opioid Consultants.