

INSTRUCTIONS FOR VALIUM TAPER:

1. Using the Benzodiazepine Conversion Table, convert patient's benzodiazepines and/or Z drugs into daily Valium equivalent dose (let's use 40 mg as a baseline example).
2. Stabilize that baseline Valium dose of 40 mg x 1-2 weeks.
3. Cut by 10 % (now Valium 36 mg) and leave it x 2 weeks.
4. Cut by 10 % (now Valium 32 mg) and leave it x 2 weeks and repeat 10% cuts every 2 weeks...
5. Once equal to 10 mg Valium daily, reduce dose by 0.5 mg every 2 weeks, or 1 mg PER MONTH...so, maintain 9.5 mg for 2 weeks, then reduce dose to 9 mg for 2 weeks, then 8.5 mg for 2 weeks, then 8 mg for 2 weeks, etc.
6. Repeat this reduction of 0.5 mg every 2 weeks (1 mg per month) until taper is completed.
7. If the patient needs to hold at a certain dose for longer than 2 weeks, that's o.k....let the patient determine the rate of taper. If the patient needs to reduce the size of the cuts that's also o.k. THIS IS A PATIENT-LED TAPER.
8. Never up-dose....you may hold for a while, but (except during that first week of stabilization), never increase the Valium dose.