

Diazepam and lorazepam have dosage forms that allow for flexible tapering schedules. These and other example taper schedules can be found at [benzo.org.uk/manual/index.htm](http://benzo.org.uk/manual/index.htm). **Stages are 1-2 weeks unless noted. Adjust taper rate to patient response.**

## Approximate dose equivalents of benzodiazepines

Diazepam 10 mg	=	Alprazolam 0.5 mg	=	Clonazepam 0.5 mg	=	Lorazepam 1 mg	=	Temazepam 20 mg
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## Example taper from alprazolam 6 mg

	Morning	Midday/afternoon	Evening/night	Daily diazepam equivalent
<b>Starting dose</b>	alprazolam 2 mg	alprazolam 2 mg	alprazolam 2 mg	120 mg
<b>Stage 1 (1 week)</b>	alprazolam 2 mg	alprazolam 2 mg	alprazolam 1.5 mg diazepam 10 mg	120 mg
<b>Stage 2 (1 week)</b>	alprazolam 2 mg	alprazolam 2 mg	alprazolam 1 mg diazepam 20 mg	120 mg
<b>Stage 3 (1 week)</b>	alprazolam 1.5 mg diazepam 10 mg	alprazolam 2 mg	alprazolam 1 mg diazepam 20 mg	120 mg
<b>Stage 4 (1 week)</b>	alprazolam 1 mg diazepam 20 mg	alprazolam 2 mg	alprazolam 1 mg diazepam 20 mg	120 mg
<b>Stage 5</b>	alprazolam 1 mg diazepam 20 mg	alprazolam 1 mg diazepam 10 mg	alprazolam 1 mg diazepam 20 mg	110 mg
<b>Stage 6</b>	alprazolam 1 mg diazepam 20 mg	alprazolam 1 mg diazepam 10 mg	alprazolam 0.5 mg diazepam 20 mg	100 mg
<b>Stage 7</b>	alprazolam 1 mg diazepam 20 mg	alprazolam 1 mg diazepam 10 mg	Stop alprazolam diazepam 20 mg	90 mg
<b>Stage 8</b>	alprazolam 0.5 mg diazepam 20 mg	alprazolam 1 mg diazepam 10 mg	diazepam 20 mg	80 mg
<b>Stage 9</b>	alprazolam 0.5 mg diazepam 20 mg	alprazolam 0.5 mg diazepam 10 mg	diazepam 20 mg	80 mg
<b>Stage 10</b>	alprazolam 0.5 mg diazepam 20 mg	Stop alprazolam diazepam 10 mg	diazepam 20 mg	60 mg
<b>Stage 11</b>	Stop alprazolam diazepam 20 mg	diazepam 10 mg	diazepam 20 mg	50 mg
<b>Stage 12</b>	diazepam 25 mg	Stop midday dose; divert 5 mg each to morning & night doses	diazepam 25 mg	50 mg
<b>Stage 13</b>	diazepam 20 mg	—	diazepam 25 mg	45 mg
<b>Stage 14</b>	diazepam 20 mg	—	diazepam 20 mg	40 mg

Continue with the chart for diazepam on the next page. ►

## Example taper from diazepam 40 mg

	Morning	Night	Total daily dose
<b>Starting dose</b>	diazepam 20 mg	diazepam 20 mg	40 mg
<b>Stage 1</b>	diazepam 18 mg	diazepam 20 mg	38 mg
<b>Stage 2</b>	diazepam 18 mg	diazepam 18 mg	36 mg
<b>Stage 3</b>	diazepam 16 mg	diazepam 18 mg	34 mg
<b>Stage 4</b>	diazepam 16 mg	diazepam 16 mg	32 mg
<b>Stage 5</b>	diazepam 14 mg	diazepam 16 mg	30 mg
<b>Stage 6</b>	diazepam 14 mg	diazepam 14 mg	28 mg
<b>Stage 7</b>	diazepam 12 mg	diazepam 14 mg	26 mg
<b>Stage 8</b>	diazepam 12 mg	diazepam 12 mg	24 mg
<b>Stage 9</b>	diazepam 10 mg	diazepam 12 mg	22 mg
<b>Stage 10</b>	diazepam 10 mg	diazepam 10 mg	20 mg
<b>Stage 11</b>	diazepam 8 mg	diazepam 10 mg	18 mg
<b>Stage 12</b>	diazepam 8 mg	diazepam 8 mg	16 mg
<b>Stage 13</b>	diazepam 6 mg	diazepam 8 mg	14 mg
<b>Stage 14</b>	diazepam 5 mg	diazepam 8 mg	13 mg
<b>Stage 15</b>	diazepam 4 mg	diazepam 8 mg	12 mg
<b>Stage 16</b>	diazepam 3 mg	diazepam 8 mg	11 mg
<b>Stage 17</b>	diazepam 2 mg	diazepam 8 mg	10 mg
<b>Stage 18</b>	diazepam 1 mg	diazepam 8 mg	9 mg
<b>Stage 19</b>	--	diazepam 8 mg	8 mg
<b>Stage 20</b>	--	diazepam 7 mg	7 mg
<b>Stage 21</b>	--	diazepam 6 mg	6 mg
<b>Stage 22</b>	--	diazepam 5 mg	5 mg
<b>Stage 23</b>	--	diazepam 4 mg	4 mg
<b>Stage 24</b>	--	diazepam 3 mg	3 mg
<b>Stage 25</b>	--	diazepam 2 mg	2 mg
<b>Stage 26</b>	--	diazepam 1 mg	1 mg

## Example taper from lorazepam 3 mg

	Morning	Midday/afternoon	Evening/night	Daily diazepam equivalent
<b>Starting dose</b>	lorazepam 1 mg	lorazepam 1 mg	lorazepam 1 mg	30 mg
<b>Stage 1 (1 week)</b>	lorazepam 1 mg	lorazepam 1 mg	lorazepam 0.5 mg diazepam 5 mg	30 mg
<b>Stage 2 (1 week)</b>	lorazepam 0.5 mg diazepam 5 mg	lorazepam 1 mg	lorazepam 0.5 mg diazepam 5 mg	30 mg
<b>Stage 3 (1 week)</b>	lorazepam 0.5 mg diazepam 5 mg	lorazepam 0.5 mg diazepam 5 mg	lorazepam 0.5 mg diazepam 5 mg	30 mg
<b>Stage 4 (1 week)</b>	lorazepam 0.5 mg diazepam 5 mg	lorazepam 0.5 mg diazepam 5 mg	Stop lorazepam diazepam 10 mg	30 mg
<b>Stage 5 (1 week)</b>	Stop lorazepam diazepam 10 mg	lorazepam 0.5 mg diazepam 5 mg	diazepam 10 mg	30 mg
<b>Stage 6 (1 week)</b>	diazepam 10 mg	Stop lorazepam diazepam 10 mg	diazepam 10 mg	30 mg
<b>Stage 7</b>	diazepam 10 mg	diazepam 8 mg	diazepam 10 mg	28 mg
<b>Stage 8</b>	diazepam 8 mg	diazepam 8 mg	diazepam 10 mg	26 mg
<b>Stage 9</b>	diazepam 8 mg	diazepam 6 mg	diazepam 10 mg	24 mg
<b>Stage 10</b>	diazepam 6 mg	diazepam 6 mg	diazepam 10 mg	22 mg
<b>Stage 11</b>	diazepam 6 mg	diazepam 4 mg	diazepam 10 mg	20 mg
<b>Stage 12</b>	diazepam 6 mg	diazepam 2 mg	diazepam 10 mg	18 mg
<b>Stage 13</b>	diazepam 6 mg	Stop diazepam	diazepam 10 mg	16 mg
<b>Stage 14</b>	diazepam 5 mg	—	diazepam 10 mg	15 mg
<b>Stage 15</b>	diazepam 4 mg	—	diazepam 10 mg	14 mg
<b>Stage 16</b>	diazepam 3 mg	—	diazepam 10 mg	13 mg
<b>Stage 17</b>	diazepam 2 mg	—	diazepam 10 mg	12 mg
<b>Stage 18</b>	diazepam 1 mg	—	diazepam 10 mg	11 mg
<b>Stage 19</b>	Stop diazepam	—	diazepam 10 mg	10 mg
<b>Stage 20</b>	—	—	diazepam 9 mg	9 mg
<b>Stage 21</b>	—	—	diazepam 8 mg	8 mg
<b>Stage 22</b>	—	—	diazepam 7 mg	7 mg
<b>Stage 23</b>	—	—	diazepam 6 mg	6 mg
<b>Stage 24</b>	—	—	diazepam 5 mg	5 mg
<b>Stage 25</b>	—	—	diazepam 4 mg	4 mg
<b>Stage 26</b>	—	—	diazepam 3 mg	3 mg
<b>Stage 27</b>	—	—	diazepam 2 mg	2 mg
<b>Stage 28</b>	—	—	diazepam 1 mg	1 mg
<b>Stage 29</b>	—	—	Stop diazepam	—

## Dose-reducing calendar for patients on once-daily benzodiazepines

### 1. How do I use this dose-reducing calendar?

This calendar shows how to **reduce your current dose of benzodiazepine medication slowly** over the next 7 weeks.

- Put it on your fridge** or somewhere you will see it.
- Write down** your usual medication dose and the day of the week you intend to start (for example, Day 1: Wednesday; Day 2: Thursday, etc.).
- Take the dose you are supposed to** each day based on the dose-reducing calendar. For example, if you usually take 0.5 mg per day, you will take 0.25 mg on Day 1 (the day you start the taper) and 0.5 mg for the next 6 days. During your last week, you will take 0.25 mg every day.
- Consider using a **pillbox** to organize your medication for the week.
- At the end of every week, **check off the Done box**.

My full (usual) starting dose is: \_\_\_\_\_ mg  
My half dose is: \_\_\_\_\_ mg  
Day of the week I am starting this taper: \_\_\_\_\_

### 2. How much medication should I take each day?

Dose-reducing calendar

Full dose: ● Half dose: ◐

WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Done?
1	◐ 1/2	● 1	● 1	● 1	● 1	● 1	● 1	<input type="checkbox"/>
2	◐ 1/2	● 1	● 1	● 1	◐ 1/2	● 1	● 1	<input type="checkbox"/>
3	◐ 1/2	● 1	● 1	● 1	◐ 1/2	● 1	◐ 1/2	<input type="checkbox"/>
4	◐ 1/2	● 1	◐ 1/2	● 1	◐ 1/2	● 1	◐ 1/2	<input type="checkbox"/>
5	◐ 1/2	◐ 1/2	◐ 1/2	● 1	◐ 1/2	● 1	◐ 1/2	<input type="checkbox"/>
6	◐ 1/2	◐ 1/2	◐ 1/2	● 1	◐ 1/2	◐ 1/2	◐ 1/2	<input type="checkbox"/>
7	◐ 1/2	◐ 1/2	◐ 1/2	◐ 1/2	◐ 1/2	◐ 1/2	◐ 1/2	<input type="checkbox"/>

### 3. What if I experience side effects?

It is normal to experience side effects when you start taking less medication. For example, many people experience some restlessness or difficulty sleeping at first. Symptoms will improve over time as you follow the dose-reducing schedule. **Call your clinician if you have any questions.**

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