

**Go at your own pace** as you slowly reduce your dosage. This wean schedule is marked in STEPS. A step is a day, or it can be a few days, depending on how you feel. You can pause if you want to take a breather, or go back up 2gm if the current step is too hard. And you can skip steps if you're comfortable.

Page 2: start here if you are using **more than 8mg per day**

Page 3: start here if you are using **8 mg or less per day**

Page 4: how to cut films and pills into 4mg, 2mg and 1mg doses.

If you are using **more than 8mg per day**, then start at the step which is **just below** your current daily dose. For example, if you are using 16mg per day, then start at 14mg per day which is Step 17. Check off your progress as you go.

STEP	TOTAL		
1	22mg	<input type="checkbox"/>	Day 1-4 = 4mg <b>5 times/day</b> and then 2mg at bedtime
2	22mg	<input type="checkbox"/>	
3	22mg	<input type="checkbox"/>	
4	22mg	<input type="checkbox"/>	
5	20mg	<input type="checkbox"/>	Day 5-8 = 4mg <b>5 times/day</b>
6	20mg	<input type="checkbox"/>	
7	20mg	<input type="checkbox"/>	
8	20mg	<input type="checkbox"/>	
9	18mg	<input type="checkbox"/>	Day 9-12 = 4mg <b>4 times/day</b> and then 2mg at bedtime
10	18mg	<input type="checkbox"/>	
11	18mg	<input type="checkbox"/>	
12	18mg	<input type="checkbox"/>	
13	16mg	<input type="checkbox"/>	Day 13-16 = 4mg <b>4 times/day</b>
14	16mg	<input type="checkbox"/>	
15	16mg	<input type="checkbox"/>	
16	16mg	<input type="checkbox"/>	
17	14mg	<input type="checkbox"/>	Day 17-20 = 4mg <b>3 times/day</b> and then 2mg at bedtime
18	14mg	<input type="checkbox"/>	
19	14mg	<input type="checkbox"/>	
20	14mg	<input type="checkbox"/>	
21	12mg	<input type="checkbox"/>	Day 21-24 = 4mg <b>3 times/day</b>
22	12mg	<input type="checkbox"/>	
23	12mg	<input type="checkbox"/>	
24	12mg	<input type="checkbox"/>	
25	10mg	<input type="checkbox"/>	Day 25-28 = 4mg <b>2 times/day</b> and then 2mg at bedtime
26	10mg	<input type="checkbox"/>	
27	10mg	<input type="checkbox"/>	
28	10mg	<input type="checkbox"/>	

**NOW GO TO STEP 1 ON PAGE 3**

If you are using **8MG per day or less**, then start at the step that is your **current** daily dose. For example, if you are using 4mg per day, then start at 4mg per day which is Step 11. Check off your progress as you go.

STEP	TOTAL		
1	8mg	<input type="checkbox"/>	Day 1-5 = 2mg <b>4 times/day</b>
2	8mg	<input type="checkbox"/>	_____
3	8mg	<input type="checkbox"/>	_____
4	8mg	<input type="checkbox"/>	_____
5	8mg	<input type="checkbox"/>	_____
6	6mg	<input type="checkbox"/>	Day 6-10 = 2mg <b>3 times/day</b>
7	6mg	<input type="checkbox"/>	_____
8	6mg	<input type="checkbox"/>	_____
9	6mg	<input type="checkbox"/>	_____
10	6mg	<input type="checkbox"/>	_____
11	4mg	<input type="checkbox"/>	Day 11-16 = 2mg <b>2 times/day</b>
12	4mg	<input type="checkbox"/>	_____
13	4mg	<input type="checkbox"/>	_____
14	4mg	<input type="checkbox"/>	_____
15	4mg	<input type="checkbox"/>	_____
16	4mg	<input type="checkbox"/>	_____
17	2mg	<input type="checkbox"/>	Day 17-22 = 1mg <b>2 times/day</b>
18	2mg	<input type="checkbox"/>	_____
19	2mg	<input type="checkbox"/>	_____
20	2mg	<input type="checkbox"/>	_____
21	2mg	<input type="checkbox"/>	_____
22	2mg	<input type="checkbox"/>	_____
23	1mg	<input type="checkbox"/>	Day 23-28 = 1mg <b>1 time/day</b>
24	1mg	<input type="checkbox"/>	_____
25	1mg	<input type="checkbox"/>	_____
26	1mg	<input type="checkbox"/>	_____
27	1mg	<input type="checkbox"/>	_____
28	1mg	<input type="checkbox"/>	_____

## How to make 4mg, 2mg and 1mg doses.

If you are using films:

1 film = 

<b>8mg</b>
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1/2 film = 

<b>4mg</b>	<b>4mg</b>
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1/4 film = 

2mg	2mg	2mg	2mg
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1/8 film = 

1mg	1mg	1mg	1mg
1mg	1mg	1mg	1mg

If you are using pills:

start with an 8mg pill

1 pill = 

<b>8 mg</b>
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1/2 pill = 

4 mg	4 mg
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switch to a 4mg pill

1 pill = 

<b>2 mg</b>
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1/2 pill = 

1 mg	1 mg
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For pills you can buy a **pill cutter** at most pharmacies.  
For films you can use **clean scissors** to cut them.