

Go at your own pace as you slowly reduce your dosage. This wean schedule is marked in **STEPS**. A step is one 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 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

VERSION 2

If you are using **more than 8mg per day**, then start at the step which is **2mg 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"/>	4mg 5 times/day and 2mg at bedtime
2	22mg	<input type="checkbox"/>	_____
3	22mg	<input type="checkbox"/>	_____
4	22mg	<input type="checkbox"/>	_____
5	20mg	<input type="checkbox"/>	4mg 5 times/day
6	20mg	<input type="checkbox"/>	_____
7	20mg	<input type="checkbox"/>	_____
8	20mg	<input type="checkbox"/>	_____
9	18mg	<input type="checkbox"/>	4mg 4 times/day and 2mg at bedtime
10	18mg	<input type="checkbox"/>	_____
11	18mg	<input type="checkbox"/>	_____
12	18mg	<input type="checkbox"/>	_____
13	16mg	<input type="checkbox"/>	4mg 4 times/day
14	16mg	<input type="checkbox"/>	_____
15	16mg	<input type="checkbox"/>	_____
16	16mg	<input type="checkbox"/>	_____
17	14mg	<input type="checkbox"/>	4mg 3 times/day and 2mg at bedtime
18	14mg	<input type="checkbox"/>	_____
19	14mg	<input type="checkbox"/>	_____
20	14mg	<input type="checkbox"/>	_____
21	12mg	<input type="checkbox"/>	4mg 3 times/day
22	12mg	<input type="checkbox"/>	_____
23	12mg	<input type="checkbox"/>	_____
24	12mg	<input type="checkbox"/>	_____
25	10mg	<input type="checkbox"/>	4mg 2 times/day and 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

VERSION 2

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"/>	2mg 4 times/day
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"/>	2mg 3 times/day
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"/>	2mg 2 times/day
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"/>	1mg 2 times/day
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"/>	1mg 1 time/day
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 =

8mg

1/2 film =

4mg	4mg
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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

switch to a 2mg pill

1 pill =

8 mg

1 pill =

2 mg

1/2 pill =

4 mg	4 mg
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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.