

How to approach a benzodiazepine taper

Three steps to tapering benzodiazepines

1. Establish patient expectations based on duration of benzodiazepine use (see [Talking to Patients About Benzodiazepines](#)).
2. Create alternative plan to address anxieties.
3. Taper benzodiazepine using this document as guidance.

When the decision is made to deprescribe a benzodiazepine, patients with established dependence will require a gradual, individualized dosage reduction (taper) to reduce discomfort (**Table 1**).¹⁻⁵

- There is no evidence for a one-size-fits-all approach to tapering benzodiazepines.
- The rate of taper will depend on the severity of withdrawal symptoms, which are influenced by several factors:
 - The original dose, type, potency, duration of action and length of use of the benzodiazepine;
 - The reason the benzodiazepine was originally prescribed; and
 - The personality and individual vulnerability of the patient, their lifestyle, personal stresses and past experiences, and the degree of social support during the taper.⁵

Table 1. Recommended Tapering of Benzodiazepines.^{2,4,5}

Duration of Benzodiazepine Use	Taper Length	Recommendation
2-8 weeks	≥ 2 weeks	<ul style="list-style-type: none">○ Taper more slowly if patient on high-dose daily benzodiazepine or if on alprazolam○ Triazolam may be discontinued without taper in most cases (2-hour half-life prevents physical dependence)
8 weeks to 6 months	≥ 4 weeks	<ul style="list-style-type: none">○ Go slower during latter half of taper○ Taper will reduce, but not eliminate, withdrawal symptoms○ Patients should avoid alcohol and stimulants during taper
6 months to 1 year	≥ 8 weeks	
> 1 year	6-18 months	

Utilize the following approach to care when tapering a patient from benzodiazepines:

- Use one prescriber and one pharmacy.⁴ Time-limited dispensing may be helpful (e.g., once every 1-2 weeks).
- Regular check-ins by the provider are essential for a successful taper.² A clinical pharmacist and peer-support provider can also be valuable resources when available. (A peer-support provider is someone who has their own lived experience of overcoming behavioral health challenges and can be a useful resource when engaging people currently going through a similar experience.)
- Before the taper begins, plan the first few weeks and then review; if necessary, amend the schedule according to the patient's progress. Be flexible and be ready adjust the schedule to a slower (or faster) rate at any time.⁵

Most patients will benefit by switching to diazepam before tapering (**Table 2**).¹⁻⁵

- The extended half-life and slow elimination of diazepam creates a smooth decline of concentrations in the blood and tissue, which allows the body to adjust to the taper.
- Diazepam allows for twice daily dosing during the taper.⁵ The less often a patient takes tablets, the less their day will revolve around their medications.
- Diazepam is widely available in 2 mg, 5 mg and 10 mg tablets which can be cut in half. The ability to taper using only 1 mg of a less potent benzodiazepine allows for more precision in the taper. No other benzodiazepine comes in this small a dose with similar relative potency.
- Short- and intermediate-acting benzodiazepines will not achieve a smooth decline in blood and tissue concentrations and cause more frequent withdrawal symptoms and cravings between doses (**Table 2**).
- Clonazepam is a commonly used benzodiazepine that is also eliminated more slowly than shorter-acting benzodiazepines, but it has several limitations during a taper:
 - It is eliminated much faster than diazepam, so it is still difficult to achieve a smooth, slow decline in blood and tissue concentrations.
 - It is extremely potent and there is evidence that withdrawal is particularly difficult with highly potent benzodiazepines.⁵
 - The smallest available tablet is 0.5 mg which is equivalent to about 10 mg of diazepam (**Table 2**), which makes it difficult to create a smooth taper.

Table 2. Benzodiazepine Duration of Action and Dose Equivalence.⁵

Benzodiazepine		Equivalent Doses <i>(varies between individuals)</i>
Short-acting <i>(half-life of drug and metabolites < 6 hours)</i>	Oxazepam	20 mg
	Triazolam	0.5 mg
Intermediate-acting <i>(half-life of drug and metabolites 6-24 hours)</i>	Alprazolam	0.5 mg
	Lorazepam	1 mg
	Temazepam	20 mg
Long-acting <i>(half-life of drug and metabolites > 24 hours)</i>	Chlordiazepoxide	25 mg
	Clobazam	20 mg
	Clonazepam	0.5 mg
	Clorazepate	15 mg
	Diazepam	10 mg
	Flurazepam	15-30 mg
Example: 4 mg of lorazepam per day is equivalent to about 40 mg of diazepam per day.		

Taper Schedules

Patients who have been on a benzodiazepine for over a year should slowly transition to diazepam over a few weeks before tapering.^{1,3,5} Some example taper schedules using the Ashton slow withdrawal method are illustrated in **Tables 4-10** located in the **appendix**.⁵ These examples will provide a guide that can be tailored to each patient. Other example taper schedules can be found [online](#).⁵

- The length of time between each dose reduction should be at least 1 week based on the presence and severity of withdrawal symptoms.^{2,3,5}

- Longer intervals result in safer and more comfortable withdrawal.

The transition works best if one dose is substituted with an equivalent diazepam dose, one dose at a time usually starting with the nighttime dose, then replacing the other doses, one by one, at intervals of 1 week.⁵

- Transitioning over to diazepam one dose at a time avoids the difficulty managing differences in potencies between benzodiazepines and help to find the equivalent dosage for that individual.
- The aim is to find a dose of diazepam which largely prevents withdrawal symptoms but does not cause excessive sleepiness.⁵
- If the patient is on a high dose of benzodiazepine (i.e., 6 mg per day of alprazolam which is equivalent to 120 mg of diazepam), some dose reduction during this transition is advised.
 - The patient may need to switch only part of the dosage at a time (see **Table 5**).
- The larger the initial dose, the greater the size of each dose reduction can be.
 - Aim at reducing dosage by *up to one tenth* at each decrement. For example:
 - An initial 40 mg diazepam daily can be reduced at first by 2-4 mg every 1-2 weeks.
 - When the daily dose reaches 20 mg, reductions could be 1-2 mg every 1-2 weeks.
 - When the daily dose reaches 10 mg, 1 mg reductions are probably indicated.
 - From 5 mg diazepam daily, 0.5 mg reductions every 1-2 weeks may be preferred.

Patients with Hepatic Failure

Patients with hepatic failure should not switch to diazepam and should instead taper using their original benzodiazepine. There is insufficient evidence for how to taper in this population, but a similar approach already

discussed is reasonable: aim to reduce the total daily dosage by *up to one tenth* every 1-2 weeks.

Management of Benzodiazepine Withdrawal Symptoms

- Withdrawal symptoms fluctuate; the intensity of symptoms does not improve in a steady fashion.
- Avoid increasing the benzodiazepine dose when symptoms worsen or if there is a stressful life event. Continue with the current dose until symptoms abate, even if it takes a few weeks, then continue the taper schedule. The tapering process must always go forward.
- Use caution with “PRN” benzodiazepine doses for stressful situations. These doses will interrupt the physiologic taper process and disrupt the process of learning new coping mechanisms without drugs, which is an essential part of the adaptation to withdrawal.⁵
 - Without “escape pills”, the patient will be empowered to learn how to gain control over their symptoms which will provide confidence that they can cope without benzodiazepines.
- Serious adverse events from benzodiazepine deprescribing (e.g., withdrawal, serious adverse events) are rare but do not differ in frequency based on any specific intervention outside of the taper.⁶
- There is no evidence for symptom management around anxiety and insomnia during the deprescribing process. Adding medications (e.g., antidepressants, antiepileptics, melatonin) during a benzodiazepine taper has not shown to improve success rates.^{1,6}
- Physical symptoms that may present during the taper can be managed medically for limited durations (**Table 3**):

Table 3. Example Treatments for Physical Symptoms of Benzodiazepine Withdrawal.

Condition	Treatment Options
Headache or other pain	<ul style="list-style-type: none"> • Acetaminophen 1,000 mg every 4-6 hours as needed (max 4 g/day) • Ibuprofen 400 mg 3 times daily as needed (avoid in gastritis, ulcers)
Diarrhea	<ul style="list-style-type: none"> • Loperamide 4 mg orally initially, followed by 2 mg after each loose stool (max 16 mg daily)
Nausea or vomiting	<ul style="list-style-type: none"> • Metoclopramide 10 mg orally every 4-6 hours as needed (max 3 doses daily) • Prochlorperazine 5 mg orally 3 times daily as needed • Ondansetron 8 mg orally once daily
Muscle spasms	<ul style="list-style-type: none"> • Methocarbamol 1500 mg orally 3 times daily (max 4 g/day) • Carisoprodol 250 mg orally 4 times daily • Cyclobenzaprine 5-10 mg orally 3 times daily

- Additional therapies should be considered to improve effectiveness of deprescribing in patients with underlying panic disorder.¹ Cognitive behavioral therapy has shown to be helpful during benzodiazepine deprescribing, particularly in this population.⁶
- Advise patients to avoid compensating for benzodiazepines with increased intake of alcohol, cannabis, and other substances.
- Advise the patient not to become obsessed with their taper schedule. Let it just become a normal way of life for the next few months.⁵

References:

1. Lingford-Hughes AR, Welch S, Peters L, and Nutt DJ, et al. BAP updated guidelines: evidence-based guidelines for the pharmacological management of substance abuse, harmful use, addiction and comorbidity: recommendations from BAP. *J Psychopharmacol*. 2012;26:899-952.
2. Ashton CH. Benzodiazepine Guidance. British National Formulary, Section 4.1: Hypnotics and Anxiolytics (November 2013). Available online at <https://www.benzo.org.uk/BNF.htm>. Accessed 11 February 2022.
3. Clinical guidelines for withdrawal management and treatment of drug dependence in closed settings. Geneva: World Health Organization; 2009. PMID: 26269862.
4. Prescribing drugs of dependence in general practice, Part B – Benzodiazepines. Melbourne: The Royal Australian College of General Practitioners, 2015.
5. Ashton CH. Benzodiazepines: how they work and how to withdraw (aka The Ashton Manual). Available online at <https://benzo.org.uk/manual/index.htm>. Accessed 11 February 2022.
6. Ray M, Anderson R, Harrod C. Deprescribing benzodiazepines: clinical evidence and management strategies. Portland, OR: Center for Evidence-based Policy, Oregon Health & Science University; 2019.

Appendix: Example Taper Regimens

Table 4. Example Slow Diazepam Taper Schedule.⁴

Notes:

1. Requires use of 2 mg, 5 mg and 10 mg tablets
2. Tablets are scored and can be cut in half
3. Begin at any stage based on baseline dose
4. Stages 1-5 can be managed in weekly intervals
5. Latter stages are probably better in 2-week intervals

	Morning	Night	Total Daily Dose
Starting Dose	20 mg	20 mg	40 mg
Stage 1 (1-2 weeks)	18 mg	20 mg	38 mg
Stage 2 (1-2 weeks)	18 mg	18 mg	36 mg
Stage 3 (1-2 weeks)	16 mg	18 mg	34 mg
Stage 4 (1-2 weeks)	16 mg	16 mg	32 mg
Stage 5 (1-2 weeks)	14 mg	16 mg	30 mg
Stage 6 (1-2 weeks)	14 mg	14 mg	28 mg
Stage 7 (1-2 weeks)	12 mg	14 mg	26 mg
Stage 8 (1-2 weeks)	12 mg	12 mg	24 mg
Stage 9 (1-2 weeks)	10 mg	12 mg	22 mg
Stage 10 (1-2 weeks)	10 mg	10 mg	20 mg
Stage 11 (1-2 weeks)	8 mg	10 mg	18 mg
Stage 12 (1-2 weeks)	8 mg	8 mg	16 mg
Stage 13 (1-2 weeks)	6 mg	8 mg	14 mg

	Morning	Night	Total Daily Dose
Stage 14 (1-2 weeks)	5 mg	8 mg	13 mg
Stage 15 (1-2 weeks)	4 mg	8 mg	12 mg
Stage 16 (1-2 weeks)	3 mg	8 mg	11 mg
Stage 17 (1-2 weeks)	2 mg	8 mg	10 mg
Stage 18 (1-2 weeks)	1 mg	8 mg	9 mg
Stage 19 (1-2 weeks)	--	8 mg	8 mg
Stage 20 (1-2 weeks)	--	7 mg	7 mg
Stage 21 (1-2 weeks)	--	6 mg	6 mg
Stage 22 (1-2 weeks)	--	5 mg	5 mg
Stage 23 (1-2 weeks)	--	4 mg	4 mg
Stage 24 (1-2 weeks)	--	3 mg	3 mg
Stage 25 (1-2 weeks)	--	2 mg	2 mg
Stage 26 (1-2 weeks)	--	1 mg	1 mg

Table 5. Example Slow Taper Schedule from Alprazolam 6 mg daily (High Dose Taper).⁴

Notes:

1. *There is no taper in Stages 1-4 so these can be undertaken at weekly intervals if tolerated.*
2. *The nightly diazepam dose should be taken at bedtime even if the alprazolam is usually taken earlier.*
3. *In stages 5-11, the taper begins before fully transitioning to diazepam. These stages can be undertaken in 2-week intervals.*
4. *Stage 12 is a good opportunity to move to twice daily dosing. Diazepam is long-acting and there is no need to take it more than twice a day. There is no reduction in dosage while this change is made.*

	Morning	Midday	Night	Daily Diazepam Equivalent
Starting Dosage	Alprazolam 2 mg	Alprazolam 2 mg	Alprazolam 2 mg	120 mg
Stage 1 (1 week)	Alprazolam 2 mg	Alprazolam 2 mg	Alprazolam 1.5 mg Diazepam 10 mg	120 mg
Stage 2 (1 week)	Alprazolam 2 mg	Alprazolam 2 mg	Alprazolam 1 mg Diazepam 20 mg	120 mg
Stage 3 (1 week)	Alprazolam 1.5 mg Diazepam 10 mg	Alprazolam 2 mg	Alprazolam 1 mg Diazepam 20 mg	120 mg
Stage 4 (1 week)	Alprazolam 1 mg Diazepam 20 mg	Alprazolam 2 mg	Alprazolam 1 mg Diazepam 20 mg	120 mg
Stage 5 (1-2 weeks)	Alprazolam 1 mg Diazepam 20 mg	Alprazolam 1 mg Diazepam 10 mg	Alprazolam 1 mg Diazepam 20 mg	110 mg
Stage 6 (1-2 weeks)	Alprazolam 1 mg Diazepam 20 mg	Alprazolam 1 mg Diazepam 10 mg	Alprazolam 0.5 mg Diazepam 20 mg	100 mg

	Morning	Midday	Night	Daily Diazepam Equivalent
Stage 7 (1-2 weeks)	Alprazolam 1 mg Diazepam 20 mg	Alprazolam 1 mg Diazepam 10 mg	<i>Stop alprazolam</i> Diazepam 20 mg	90 mg
Stage 8 (1-2 weeks)	Alprazolam 0.5 mg Diazepam 20 mg	Alprazolam 1 mg Diazepam 10 mg	Diazepam 20 mg	80 mg
Stage 9 (1-2 weeks)	Alprazolam 0.5 mg Diazepam 20 mg	Alprazolam 0.5 mg Diazepam 10 mg	Diazepam 20 mg	70 mg
Stage 10 (1-2 weeks)	Alprazolam 0.5 mg Diazepam 20 mg	<i>Stop alprazolam</i> Diazepam 10 mg	Diazepam 20 mg	60 mg
Stage 11 (1-2 weeks)	<i>Stop alprazolam</i> Diazepam 20 mg	Diazepam 10 mg	Diazepam 20 mg	50 mg
Stage 12 (1-2 weeks)	Diazepam 25 mg	<i>Stop midday dose and split 5 mg to AM and PM dose</i>	Diazepam 25 mg	50 mg
Stage 13 (1-2 weeks)	Diazepam 20 mg	--	Diazepam 25 mg	45 mg
Stage 14 (1-2 weeks)	Diazepam 20 mg	--	Diazepam 20 mg	40 mg
→	Continue to diazepam taper schedule on Table 3 , Stage 1.			

Table 6. Example Slow Taper Schedule from Alprazolam 4 mg daily.⁴

Note: There is no taper in Stages 1-5 so these can be undertaken at weekly intervals if tolerated.

	Morning	Midday	Afternoon	Night	Daily Diazepam Equivalent
Starting Dosage	Alprazolam 1 mg	Alprazolam 1 mg	Alprazolam 1 mg	Alprazolam 1 mg	80 mg
Stage 1 (1 week)	Alprazolam 1 mg	Alprazolam 1 mg	Alprazolam 1 mg	Alprazolam 0.5 mg Diazepam 10 mg	80 mg
Stage 2 (1 week)	Alprazolam 1 mg	Alprazolam 0.5 mg Diazepam 10 mg	Alprazolam 1 mg	Alprazolam 0.5 mg Diazepam 10 mg	80 mg
Stage 3 (1 week)	Alprazolam 0.5 mg Diazepam 10 mg	Alprazolam 0.5 mg Diazepam 10 mg	Alprazolam 1 mg	Alprazolam 0.5 mg Diazepam 10 mg	80 mg
Stage 4 (1 week)	Alprazolam 0.5 mg Diazepam 10 mg	Alprazolam 0.5 mg Diazepam 10 mg	Alprazolam 0.5 mg Diazepam 10 mg	Alprazolam 0.5 mg Diazepam 10 mg	80 mg
Stage 5 (1 week)	Alprazolam 0.5 mg Diazepam 10 mg	Alprazolam 0.5 mg Diazepam 10 mg	Alprazolam 0.5 mg Diazepam 10 mg	Diazepam 20 mg	80 mg
Stage 6 (1-2 weeks)	Alprazolam 0.5 mg Diazepam 10 mg	Alprazolam 0.25 mg Diazepam 10 mg	Alprazolam 0.5 mg Diazepam 10 mg	Diazepam 20 mg	75 mg

	Morning	Midday	Afternoon	Night	Daily Diazepam Equivalent
Stage 7 (1-2 weeks)	Alprazolam 0.25 mg Diazepam 10 mg	Alprazolam 0.25 mg Diazepam 10 mg	Alprazolam 0.5 mg Diazepam 10 mg	Diazepam 20 mg	70 mg
Stage 8 (1-2 weeks)	Alprazolam 0.25 mg Diazepam 10 mg	Alprazolam 0.25 mg Diazepam 10 mg	Alprazolam 0.25 mg Diazepam 10 mg	Diazepam 20 mg	65 mg
Stage 9 (1-2 weeks)	Alprazolam 0.25 mg Diazepam 10 mg	<i>Stop alprazolam</i> Diazepam 10 mg	Alprazolam 0.25 mg Diazepam 10 mg	Diazepam 20 mg	60 mg
Stage 10 (1-2 weeks)	<i>Stop alprazolam</i> Diazepam 10 mg	Diazepam 10 mg	Alprazolam 0.25 mg Diazepam 10 mg	Diazepam 20 mg	55 mg
Stage 11 (1-2 weeks)	Diazepam 10 mg	Diazepam 10 mg	<i>Stop alprazolam</i> Diazepam 10 mg	Diazepam 20 mg	50 mg
Stage 12 (1-2 weeks)	Diazepam 10 mg	Diazepam 5 mg	Diazepam 10 mg	Diazepam 20 mg	45 mg
Stage 13 (1-2 weeks)	Diazepam 5 mg	Diazepam 5 mg	Diazepam 10 mg	Diazepam 20 mg	40 mg
Stage 14 (1-2 weeks)	Diazepam 5 mg	Diazepam 5 mg	Diazepam 5 mg	Diazepam 20 mg	35 mg

	Morning	Midday	Afternoon	Night	Daily Diazepam Equivalent
Stage 15 (1-2 weeks)	Diazepam 5 mg	Diazepam 5 mg	Diazepam 5 mg	Diazepam 15 mg	30 mg
Stage 16 (1-2 weeks)	Diazepam 5 mg	Diazepam 5 mg	Diazepam 5 mg	Diazepam 12.5 mg	27.5 mg
Stage 17 (1-2 weeks)	Diazepam 5 mg	Diazepam 5 mg	Diazepam 5 mg	Diazepam 10 mg	25 mg
Stage 18 (1-2 weeks)	Diazepam 5 mg	Diazepam 2.5 mg	Diazepam 5 mg	Diazepam 10 mg	22.5 mg
Stage 19 (1-2 weeks)	Diazepam 5 mg	<i>Stop diazepam</i>	Diazepam 5 mg	Diazepam 10 mg	20 mg
Stage 20 (1-2 weeks)	Diazepam 4 mg	--	Diazepam 5 mg	Diazepam 10 mg	19 mg
Stage 21 (1-2 weeks)	Diazepam 4 mg	--	Diazepam 4 mg	Diazepam 10 mg	18 mg
Stage 22 (1-2 weeks)	Diazepam 4 mg	--	Diazepam 3 mg	Diazepam 10 mg	17 mg

	Morning	Midday	Afternoon	Night	Daily Diazepam Equivalent
Stage 23 (1-2 weeks)	Diazepam 3 mg	--	Diazepam 3 mg	Diazepam 10 mg	16 mg
Stage 24 (1-2 weeks)	Diazepam 3 mg	--	Diazepam 2 mg	Diazepam 10 mg	15 mg
Stage 25 (1-2 weeks)	Diazepam 2 mg	--	Diazepam 2 mg	Diazepam 10 mg	14 mg
Stage 26 (1-2 weeks)	Diazepam 2 mg	--	<i>Stop diazepam</i>	Diazepam 10 mg	12 mg
Stage 27 (1-2 weeks)	<i>Stop diazepam</i>	--	--	Diazepam 10 mg	10 mg
→	Continue to diazepam taper schedule from Table 6 , Stage 26.				

Table 7. Example Slow Taper Schedule from Lorazepam 6 mg daily.⁴

Notes:

1. There is no taper in Stages 1-5 so these can be undertaken at weekly intervals if tolerated.
2. The nightly diazepam dose should be taken at bedtime even if the lorazepam is usually taken earlier.
3. In stages 6-11, the taper begins before fully transitioning to diazepam. These stages can be undertaken in 2-week intervals.
4. In stages 17-25, the daytime doses of lorazepam are phased out; thereafter, the nighttime dose of diazepam can be reduced by only 1 mg every 1-2 weeks.
5. A combination of 2 mg, 5 mg, and 10 mg diazepam tablets are needed for this taper. The 2 mg tablets are scored and can be easily cut in half to obtain 1 mg doses.

	Morning	Midday	Night	Daily Diazepam Equivalent
Starting Dosage	Lorazepam 2 mg	Lorazepam 2 mg	Lorazepam 2 mg	60 mg
Stage 1 (1 week)	Lorazepam 2 mg	Lorazepam 2 mg	Lorazepam 1 mg Diazepam 10 mg	60 mg
Stage 2 (1 week)	Lorazepam 1.5 mg Diazepam 5 mg	Lorazepam 2 mg	Lorazepam 1 mg Diazepam 10 mg	60 mg
Stage 3 (1 week)	Lorazepam 1.5 mg Diazepam 5 mg	Lorazepam 2 mg	Lorazepam 0.5 mg Diazepam 15 mg	60 mg
Stage 4 (1 week)	Lorazepam 1.5 mg Diazepam 5 mg	Lorazepam 1.5 mg Diazepam 5 mg	Lorazepam 0.5 mg Diazepam 15 mg	60 mg

	Morning	Midday	Night	Daily Diazepam Equivalent
Stage 5 (1-2 weeks)	Lorazepam 1.5 mg Diazepam 5 mg	Lorazepam 1.5 mg Diazepam 5 mg	<i>Stop lorazepam</i> Diazepam 20 mg	60 mg
Stage 6 (1-2 weeks)	Lorazepam 1 mg Diazepam 5 mg	Lorazepam 1.5 mg Diazepam 5 mg	Diazepam 20 mg	55 mg
Stage 7 (1-2 weeks)	Lorazepam 1 mg Diazepam 5 mg	Lorazepam 1 mg Diazepam 5 mg	Diazepam 20 mg	50 mg
Stage 8 (1-2 weeks)	Lorazepam 0.5 mg Diazepam 5 mg	Lorazepam 1 mg Diazepam 5 mg	Diazepam 20 mg	45 mg
Stage 9 (1-2 weeks)	Lorazepam 0.5 mg Diazepam 5 mg	Lorazepam 0.5 mg Diazepam 5 mg	Diazepam 20 mg	40 mg
Stage 10 (1-2 weeks)	<i>Stop lorazepam</i> Diazepam 5 mg	Lorazepam 0.5 mg Diazepam 5 mg	Diazepam 20 mg	35 mg
Stage 11 (1-2 weeks)	Diazepam 5 mg	<i>Stop lorazepam</i> Diazepam 5 mg	Diazepam 20 mg	30 mg
Stage 12 (1-2 weeks)	Diazepam 5 mg	Diazepam 5 mg	Diazepam 18 mg	28 mg
Stage 13 (1-2 weeks)	Diazepam 5 mg	Diazepam 5 mg	Diazepam 16 mg	26 mg

	Morning	Midday	Night	Daily Diazepam Equivalent
Stage 14 (1-2 weeks)	Diazepam 5 mg	Diazepam 5 mg	Diazepam 14 mg	24 mg
Stage 15 (1-2 weeks)	Diazepam 5 mg	Diazepam 5 mg	Diazepam 12 mg	22 mg
Stage 16 (1-2 weeks)	Diazepam 5 mg	Diazepam 5 mg	Diazepam 10 mg	20 mg
Stage 17 (1-2 weeks)	Diazepam 5 mg	Diazepam 4 mg	Diazepam 10 mg	19 mg
Stage 18 (1-2 weeks)	Diazepam 4 mg	Diazepam 4 mg	Diazepam 10 mg	18 mg
Stage 19 (1-2 weeks)	Diazepam 4 mg	Diazepam 3 mg	Diazepam 10 mg	17 mg
Stage 20 (1-2 weeks)	Diazepam 3 mg	Diazepam 3 mg	Diazepam 10 mg	16 mg
Stage 21 (1-2 weeks)	Diazepam 3 mg	Diazepam 2 mg	Diazepam 10 mg	15 mg
Stage 22 (1-2 weeks)	Diazepam 2 mg	Diazepam 2 mg	Diazepam 10 mg	14 mg

	Morning	Midday	Night	Daily Diazepam Equivalent
Stage 23 (1-2 weeks)	Diazepam 2 mg	Diazepam 1 mg	Diazepam 10 mg	13 mg
Stage 24 (1-2 weeks)	Diazepam 1 mg	Diazepam 1 mg	Diazepam 10 mg	12 mg
Stage 25 (1-2 weeks)	Diazepam 1 mg	<i>Stop diazepam</i>	Diazepam 10 mg	11 mg
Stage 26 (1-2 weeks)	<i>Stop diazepam</i>	--	Diazepam 10 mg	10 mg
Stage 27 (1-2 weeks)	--	--	Diazepam 9 mg	9 mg
Stage 28 (1-2 weeks)	--	--	Diazepam 8 mg	8 mg
Stage 29 (1-2 weeks)	--	--	Diazepam 7 mg	7 mg
Stage 30 (1-2 weeks)	--	--	Diazepam 6 mg	6 mg
Stage 31 (1-2 weeks)	--	--	Diazepam 5 mg	5 mg

	Morning	Midday	Night	Daily Diazepam Equivalent
Stage 32 (1-2 weeks)	--	--	Diazepam 4 mg	4 mg
Stage 33 (1-2 weeks)	--	--	Diazepam 3 mg	3 mg
Stage 34 (1-2 weeks)	--	--	Diazepam 2 mg	2 mg
Stage 35 (1-2 weeks)	--	--	Diazepam 1 mg	1 mg
Stage 36 (1-2 weeks)	--	--	<i>Stop diazepam</i>	--

Table 8. Example Slow Taper Schedule from Lorazepam 3 mg daily.⁴

	Morning	Midday	Night	Daily Diazepam Equivalent
Starting Dosage	Lorazepam 1 mg	Lorazepam 1 mg	Lorazepam 1 mg	30 mg
Stage 1 (1 week)	Lorazepam 1 mg	Lorazepam 1 mg	Lorazepam 0.5 mg Diazepam 5 mg	30 mg
Stage 2 (1 week)	Lorazepam 0.5 mg Diazepam 5 mg	Lorazepam 1 mg	Lorazepam 0.5 mg Diazepam 5 mg	30 mg
Stage 3 (1 week)	Lorazepam 0.5 mg Diazepam 5 mg	Lorazepam 0.5 mg Diazepam 5 mg	Lorazepam 0.5 mg Diazepam 5 mg	30 mg
Stage 4 (1 week)	Lorazepam 0.5 mg Diazepam 5 mg	Lorazepam 0.5 mg Diazepam 5 mg	<i>Stop lorazepam</i> Diazepam 10 mg	30 mg
Stage 5 (1-2 weeks)	<i>Stop lorazepam</i> Diazepam 10 mg	Lorazepam 0.5 mg Diazepam 5 mg	Diazepam 10 mg	30 mg
Stage 6 (1-2 weeks)	Diazepam 10 mg	<i>Stop lorazepam</i> Diazepam 10 mg	Diazepam 10 mg	30 mg
Stage 7 (1-2 weeks)	Diazepam 10 mg	Diazepam 8 mg	Diazepam 10 mg	28 mg
Stage 8 (1-2 weeks)	Diazepam 8 mg	Diazepam 8 mg	Diazepam 10 mg	26 mg

	Morning	Midday	Night	Daily Diazepam Equivalent
Stage 9 (1-2 weeks)	Diazepam 8 mg	Diazepam 6 mg	Diazepam 10 mg	24 mg
Stage 10 (1-2 weeks)	Diazepam 6 mg	Diazepam 6 mg	Diazepam 10 mg	22 mg
Stage 11 (1-2 weeks)	Diazepam 6 mg	Diazepam 4 mg	Diazepam 10 mg	20 mg
Stage 12 (1-2 weeks)	Diazepam 6 mg	Diazepam 2 mg	Diazepam 10 mg	18 mg
Stage 13 (1-2 weeks)	Diazepam 6 mg	<i>Stop diazepam</i>	Diazepam 10 mg	16 mg
Stage 14 (1-2 weeks)	Diazepam 5 mg	--	Diazepam 10 mg	15 mg
Stage 15 (1-2 weeks)	Diazepam 4 mg	--	Diazepam 10 mg	14 mg
Stage 16 (1-2 weeks)	Diazepam 3 mg	--	Diazepam 10 mg	13 mg
Stage 17 (1-2 weeks)	Diazepam 2 mg	--	Diazepam 10 mg	12 mg

	Morning	Midday	Night	Daily Diazepam Equivalent
Stage 18 (1-2 weeks)	Diazepam 1 mg	--	Diazepam 10 mg	11 mg
Stage 19 (1-2 weeks)	<i>Stop diazepam</i>	--	Diazepam 10 mg	10 mg
→ Continue diazepam taper schedule from Table 6 , Stage 26.				

Table 9. Example Slow Taper Schedule from Clonazepam 1.5 mg daily.

	Morning	Midday	Night	Daily Diazepam Equivalent
Starting Dosage	Clonazepam 0.5 mg	Clonazepam 0.5 mg	Clonazepam 0.5 mg	30 mg
Stage 1 (1 week)	Clonazepam 0.5 mg	Clonazepam 0.5 mg	Clonazepam 0.25 mg Diazepam 5 mg	30 mg
Stage 2 (1 week)	Clonazepam 0.5 mg Diazepam 5 mg	Clonazepam 0.5 mg	<i>Stop Clonazepam</i> Diazepam 10 mg	30 mg
Stage 3 (1 week)	Clonazepam 0.25 mg Diazepam 5 mg	Clonazepam 0.25 mg Diazepam 5 mg	Diazepam 10 mg	30 mg
Stage 4 (1 week)	Clonazepam 0.25 mg Diazepam 5 mg	Clonazepam 0.25 mg Diazepam 5 mg	Diazepam 10 mg	30 mg
Stage 5 (1-2 weeks)	<i>Stop clonazepam</i> Diazepam 10 mg	Clonazepam 0.25 mg Diazepam 5 mg	Diazepam 10 mg	30 mg
Stage 6 (1-2 weeks)	Diazepam 10 mg	<i>Stop Clonazepam</i> Diazepam 8 mg	Diazepam 10 mg	28 mg
Stage 7 (1-2 weeks)	Diazepam 10 mg	Diazepam 6 mg	Diazepam 10 mg	26 mg

	Morning	Midday	Night	Daily Diazepam Equivalent
Stage 8 (1-2 weeks)	Diazepam 10 mg	Diazepam 4 mg	Diazepam 10 mg	24 mg
Stage 9 (1-2 weeks)	Diazepam 10 mg	Diazepam 2 mg	Diazepam 10 mg	22 mg
Stage 10 (1-2 weeks)	Diazepam 10 mg	<i>Stop diazepam</i>	Diazepam 10 mg	20 mg
Stage 11 (1-2 weeks)	Diazepam 8 mg	--	Diazepam 10 mg	18 mg
Stage 12 (1-2 weeks)	Diazepam 6 mg	--	Diazepam 10 mg	16 mg
Stage 13 (1-2 weeks)	Diazepam 4 mg	--	Diazepam 10 mg	14 mg
Stage 14 (1-2 weeks)	Diazepam 2 mg	--	Diazepam 10 mg	12 mg
Stage 15 (1-2 weeks)	<i>Stop diazepam</i>	--	Diazepam 10 mg	10 mg
→	Continue diazepam taper schedule from Table 6 , Stage 26.			

Table 10. Example Slow Taper Schedule from Clonazepam 3 mg daily.

Note: the small reduction (27.5 mg to 27 mg) between stages 9 and 10 is to adjust for twice daily dose.

	Morning	Midday	Night	Daily Diazepam Equivalent
Starting Dosage	Clonazepam 1 mg	Clonazepam 1 mg	Clonazepam 1 mg	60 mg
Stage 1 (1-2 weeks)	Clonazepam 1 mg	Clonazepam 1 mg	Clonazepam 0.5 mg Diazepam 10 mg	60 mg
Stage 2 (1-2 weeks)	Clonazepam 0.5 mg Diazepam 10 mg	Clonazepam 1 mg	Clonazepam 0.5 mg Diazepam 10 mg	60 mg
Stage 3 (1-2 weeks)	Clonazepam 0.5 mg Diazepam 10 mg	Clonazepam 0.5 mg Diazepam 5 mg	Clonazepam 0.5 mg Diazepam 10 mg	55 mg
Stage 4 (1-2 weeks)	Clonazepam 0.5 mg Diazepam 10 mg	Clonazepam 0.5 mg Diazepam 5 mg	<i>Stop clonazepam</i> Diazepam 15 mg	50 mg
Stage 5 (1-2 weeks)	Clonazepam 0.25 mg Diazepam 10 mg	Clonazepam 0.5 mg Diazepam 5 mg	Diazepam 15 mg	45 mg
Stage 6 (1-2 weeks)	Clonazepam 0.25 mg Diazepam 10 mg	Clonazepam 0.25 mg Diazepam 5 mg	Diazepam 15 mg	40 mg

	Morning	Midday	Night	Daily Diazepam Equivalent
Stage 7 (1-2 weeks)	<i>Stop clonazepam</i> Diazepam 10 mg	Clonazepam 0.25 mg Diazepam 5 mg	Diazepam 15 mg	35 mg
Stage 8 (1-2 weeks)	Diazepam 10 mg	<i>Stop clonazepam</i> Diazepam 5 mg	Diazepam 15 mg	30 mg
Stage 9 (1-2 weeks)	Diazepam 10 mg	Diazepam 2.5 mg	Diazepam 15 mg	27.5 mg
Stage 10 (1-2 weeks)	Diazepam 12 mg	<i>Stop diazepam</i>	Diazepam 15 mg	27 mg
Stage 11 (1-2 weeks)	Diazepam 10 mg	--	Diazepam 15 mg	25 mg
Stage 12 (1-2 weeks)	Diazepam 10 mg	--	Diazepam 14 mg	24 mg
Stage 13 (1-2 weeks)	Diazepam 10 mg	--	Diazepam 12 mg	22 mg
Stage 14 (1-2 weeks)	Diazepam 10 mg	--	Diazepam 10 mg	20 mg
Stage 15 (1-2 weeks)	Diazepam 8 mg	--	Diazepam 10 mg	18 mg

	Morning	Midday	Night	Daily Diazepam Equivalent
Stage 16 (1-2 weeks)	Diazepam 6 mg	--	Diazepam 10 mg	16 mg
Stage 17 (1-2 weeks)	Diazepam 4 mg	--	Diazepam 10 mg	14 mg
Stage 18 (1-2 weeks)	Diazepam 2 mg	--	Diazepam 10 mg	12 mg
Stage 19 (1-2 weeks)	<i>Stop diazepam</i>	--	Diazepam 10 mg	10 mg
→	Continue diazepam taper schedule from Table 6 , Stage 26.			

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