

REDUCTION SCHEDULE: DIAZEPAM 10mg

- **Dose reduction is a marathon, not a sprint!**
- **Each stage takes around 2 weeks but may take 4 weeks and occasionally longer**
- **Everyone is different – so go at your own pace.**
- **Avoid any dose increases. Instead stay at any stage longer until more comfortable: then resume reduction.**

Stage	Dose	Number of Diazepam tablets each day	Number of tablets each week
Starting dose	Diazepam 10mg	2 x 5mg	14 x 5mg
Stage 1	Diazepam 9mg	1 x 5mg and 2 x 2mg	7 x 5mg 14 x 2mg
Stage 2	Diazepam 8mg	4 x 2mg	28 x 2mg
Stage 3	Diazepam 7mg	1 x 5mg and 1 x 2mg	7 x 5mg 7 x 2mg
Stage 4	Diazepam 6mg	3 x 2mg	21 x 2mg
Stage 5	Diazepam 5mg	1 x 5mg	7 x 5mg
Stage 6	Diazepam 4mg	2 x 2mg	14 x 2mg
Stage 7	Diazepam 3mg	1 and ½ x 2mg	10.5 x 2mg
Stage 8	Diazepam 2mg	1 x 2mg	7 x 2mg
Stage 9	Diazepam 1mg	½ of 2mg	3.5 x 2mg
Stage 10	Diazepam 0.5mg	¼ of 2mg	1.75 x 2mg
Stage 11	STOP		