

Tapering Medication

Coming off psychotropic drugs, such as antidepressants, antipsychotics, anticonvulsants, sleep medication, tranquilizers, and strong painkillers (opioids, such as Oxycodon), is difficult for an important group of people. These patients often experience withdrawal symptoms, which can range from flu-like symptoms to aggression and suicide.

To prevent or reduce these impairments, low dosing of the medication is vital. With these low doses, the medication can be tapered off in smaller steps.

These low doses are not officially registered, which means they have to be custom made.

To date, there is no big manufacturer who does this, apart from a pharmacist in the Netherlands (Regenboogapotheek in Bavel, Brabant).

You can order these medications through www.taperingstrip.org

They will be delivered to your patients home per mail.

Important:

- Make a tapering schedule with your patient and talk to them about the speed at which the medication is to be tapered off.
- Make a plan about actions to take when symptoms arise; e.g. having a phone- or online consultation in order to adjust the regimen
- This way, you can quickly determine whether it may be preferable to stay on the same dose for a certain period of time (stabilisation period).
- Regularly see your patient about the progress of the tapering process.

For more information, please contact: safetapering@gmail.com

Mrs. Pauline Dinkelberg is the chairperson at the patient association for tapering medication in the Netherlands. (Patiëntenvereniging voor Afbouwmedicatie Nederland.)

Good luck with coming off your medication!