

Summary brochure Association Tapering Medication

What does the Association for Tapering Medication do?

- Raises awareness about psychoactive* drug withdrawal and tapering medication
- Informs healthcare providers, patients and their relatives about tapering
- Provides support to patients who want to taper and who have tapered
- Keeps members informed about new developments

*antidepressants, antipsychotics, mood stabilizers, anti-epileptic drugs, sedatives and opiates
(opioids, analgesics)

Why an Association Tapering Medication?

The Association represents the interests of patients who wish to responsibly taper off or stop using psychoactive medication.

Although these medications are generally intended for temporary use, the number of long-term users is increasing, along with the health risks that this entails.

In practice, it can be difficult to stop taking these medications. For example, you may suffer from symptoms associated with cutting down too quickly and/or by too large increments.

Symptoms vary and can include a flu-like feeling, headaches, fatigue, muscle pain and sleep problems, as well as psychological complaints such as anxiety and depression.

Irresponsible tapering may even lead to aggression, suicidal thoughts or suicide.

Symptoms can sometimes seem to indicate relapse (which is usually not the case), causing people to return to the initial dosage.

However, gradual tapering can prevent this. The practitioner and patient consult with each other to establish an appropriate tapering schedule for the **individual** patient, which must be **adjustable in a timely manner**.

This gradual tapering process requires lower doses than the regular strengths. The tapering medication in taperingstrips is available and sent worldwide.

Other compounding pharmacists can make lower doses too, but not for venlafaxine and duloxetine because of their extended release.

Information

Every day, we still receive reports about the lack of knowledge treatment providers have with respect to tapering.

It goes without saying that we do our best to share the knowledge we have gained from experience with prescribers, including general practitioners, psychiatrists and nursing specialists.

How can we help you?

- Tips for discussing tapering with your doctor
- Information about all kinds of tapering medication
- Scientific evidence for your doctor
- Other information sources, support groups
- Answers to your questions within 24 hours
- Any other issues you might encounter

Please feel free to send any questions you might have to us by email;

safetapering@gmail.com

or: info@verenigingafbouwmedicatie.nl

Website tapering strips: www.taperingstrip.com

Studies on hyperbolic tapering: link in : <https://verenigingafbouwmedicatie.nl/2025/10/05/wcp-prague-2025/>

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