

Microtapering is a method by which you can reduce your current medication dose by tiny daily increments until you reach zero. Many people have been able to use this method as an alternative to a standard "detox" as a means to get off certain medications without experiencing severe withdrawal symptoms. Depending on your current dose, body chemistry, tolerance and other factors specific to you, will determine by how much you should reduce on a daily basis and subsequently how long that will take. The timetable can vary from weeks to months. The method described here is one of many methods and is strictly informational. \*\*This is not medical advice, it is just describing a methodology. Any alteration and reduction of medication should be determined by your doctor and may require complimentary medication in unison.\*\* Again, it is important to stress this is just describing a method once you have a plan in place.

The challenges with microtapering are many, but the main hurdle is to create a consistent volume of the dose that is easy to measure and divide as it is extremely difficult to shave tiny amounts off of a tablet and weigh on a jeweler's scale, and because the drug is mixed in with a compound it is not always homogeneous and uncertain that the parts of the shaved tablet will have the right proportion of the drug in it. A compounding pharmacy will also be able to prepare specific doses too and there are ways of getting prescription medication delivered in a liquid form which can make the tapering measurements easier, however the liquid may contain additional elements that may or may not agree with your specific sensitivity.

Finally, microtapering is a long term method, the principle of the technique is to reduce your dose by such tiny amounts over time so that your body isn't aware of the decrease and will minimize any feelings of withdrawal. Patience is a virtue as there is no quick way through this, while you may be keen to speed this process up, your body's physiology has to be respected and will need the right amount of time to adjust. Hurrying this process can backfire and set you back further, so be patient.

As medication usually comes in tiny pill form, this is not easily divisible so we need to create a volume by which we can extract exact amounts on a consistent basis. No matter what your total dose is, it is best to get tablets in a form that can be easily broken down to get part of it as a 1mg amount. Some tablets may come (or can be compounded to 1mg) but typically you might be able to get a 2mg tablet that can be cut in half to get 1mg and this will be used for the tapering amount with the balance made up from other tablets.

For example: If you need to reduce from a total dose of 5mg, you would take 4mg in tablet form (2 x 2mg tablets) and then use 1mg (created from halving a 2mg tablet) as the tapering portion. Eventually when you reduce to 4mg, you would then be taking 3mg in tablet form and the 4th mg would be the tapering portion.

2) using a pill splitter cut 2mg tablet in two so you have 1mg pieces. Do not worry if it is not exact as difference will be made up on next dose using the other half. You don't have to use a pill splitter but it makes the cut easier and more accurate and contains the residue that can be incorporated in the mix.

1) 2mg tablet



(Try to cut along scored line on tablet)

3) place one half of split tablet (1mg) into small glass jar like a baby food jar.

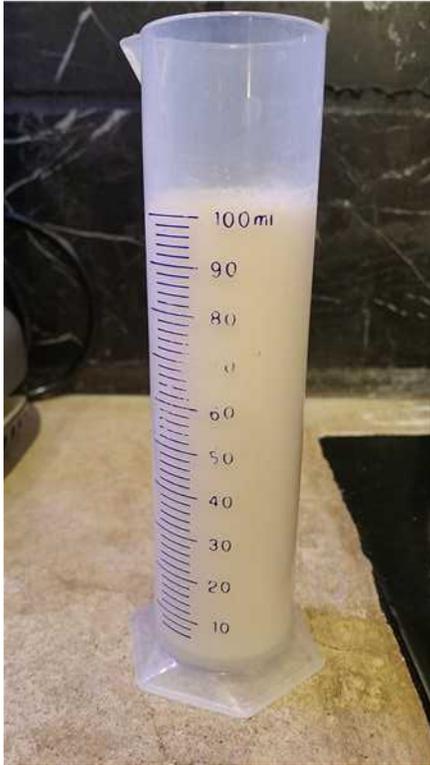
4) Using end of spoon with larger flat surface, crush tablet while it is in jar.

5) You can use mortar & Pestel but this way all of tablet is in container and not left in another dish.



6) Measure out 100ml of full fat milk. This can be done easily with a measuring beaker like this one and pour into baby jar which has crushed tablet.

This liquid could be anything else if milk is not right for you. But the higher the fat content the better the liquid can hold the crushed tablet in an even suspension for the next step



7) Let the solution stand for about 10 minutes to allow the tablet to fully dissolve. Lightly stirring or swishing the jar (with the lid on) will help ensure the tablet is fully mixed with the liquid.

8) Next you will extract the amount that you are reducing by on your daily plan. (see chart on page 3). In this example we are removing 2ml using a syringe leaving 98ml in the jar.



9) Discard the extracted amount in the sink. (note: it is possible to save these extracted parts and use to create a dose further along in the following week but it is unknown if the diluted tablet loses any of its potency in this condition?)



10) Drink the liquid that is left in the jar (in this case 98ml), after drinking it add some water to the jar and drink that to make sure you have taken in any residue. Done!

### Example of daily micro taper.

You and your medical practitioner will have to decide on the right taper for your particular condition and body chemistry. This document ONLY describes the physical procedure of a tapering method by example and is not meant as medical advice.

Example: 5mg taper to 0mg reducing by 0.02mg daily will take 250 days

Day 1 5 mg  
Day 2 4.98 mg reduced by .02 mg (take 2 ml amount out of the 1mg tablet dissolved in 100ml liquid) take 4 mg in tablet form  
Day 3 4.96 mg reduced by .04 mg (take 4 ml amount out of the 1mg tablet dissolved in 100ml liquid) take 4 mg in tablet form  
Day 4 4.94 mg reduced by .06 mg (take 6 ml amount out of the 1mg tablet dissolved in 100ml liquid) take 4 mg in tablet form  
etc.  
etc.

Day 49 4mg  
Day 50 3.98 mg reduced by .02 mg (take 2 ml amount out of the 1mg tablet dissolved in 100ml liquid) take 3 mg in tablet form  
Day 51 3.96 mg reduced by .04 mg (take 4 ml amount out of the 1mg tablet dissolved in 100ml liquid) take 3 mg in tablet form  
Day 52 3.94 mg reduced by .06 mg (take 6 ml amount out of the 1mg tablet dissolved in 100ml liquid) take 3 mg in tablet form

As you can see from the above example, you are reducing your dose by .02 mg per day. So you would be taking 4 mg in normal tablet form and the 5th mg of your daily dose is what you are using to make the daily reduction. When you get down to 4 mg you would then be taking 3 mg in tablet form and using the 4th mg of the dose to make the daily reductions by the same method.

Once you get the hang of this it is very straight forward, you can also make a log in a spreadsheet program to simplify the math and have your days (calendar) in a column so that it is clear what your dose is each day and how that can be achieved.

If your withdrawal symptoms become too much you can either hold on the dose you are at for a while, or going forward reduce by an even smaller amount each day, everybody is different. I would caution against a "cold turkey" approach, or reverting to higher doses as this can invoke a condition known as "kindling" which can make future tapering and withdrawal more challenging.