



Battle Against Tranquillisers

Battle Against Tranquillisers
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Battle Against Tranquillisers Reduction Programme

This reduction plan adheres to the ethos of the NHS Constitution by placing the patient's well being at the heart of the withdrawal process, always making sure that they have stabilised before moving to the next phase. It has been designed to work within the guidelines of Clinical Knowledge Summary (CKS) which is now incorporated into National Institute for Health and Care Excellence (NICE) guidelines.

As the optimal speed or duration of dose reaction is unknown, drug withdrawal should be guided by individual choice and severity of withdrawal symptoms, as stated in the CKS/NICE guidelines.

We will ensure that:-

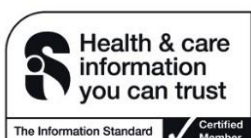
- **We address any concerns clients have about stopping.** Reassure them that they will be in control of their withdrawal and that they can proceed at a rate that suits them. This means a patient should never be forced to reduce before they are ready as this may lead to failure and severely affect their self-esteem and well being. The patient should have the full support from their prescriber and support group.
- **We suggest withdrawal schedules that are flexible and tailored to the individual.** This means that there can be NO SET TIMETABLE. Each step is governed by the patient. Before starting the reduction programme, the patient should be stable on their present dose, taking it in daily divided doses.
- **Whenever possible give the person control over their own withdrawal schedule** because they are in the best position to judge how well they are coping with withdrawal.

The suggested rate of withdrawal is in steps of between 5% and 10% of the current daily dose. The decrease in dosage therefore becomes smaller as the overall dose decreases. The following reduction table shows the amount to be reduced and the percentage of that reduction.

Battle Against Tranquillisers was involved in the development and signing of the Addiction to Medicines Consensus Statement, which is a document describing good practice in the prescribing of and withdrawing from prescribed and over-the counter medication.

<https://www.rcpsych.ac.uk/pdf/ATM%20consensus%20statement%20FINAL%2030.1.13.pdf>

Organisations involved in this statement are the Department of Health, Royal College of General Practitioners, Royal College of Psychiatrists etc.



UK. Registered charity no: 1056508
Chair: Robert Farrow
Patron: The Right Hon. Baroness Corston



30.0mg Diazepam Reduction Programme

No	Daily Amount	Amount Reduced	Percentage	Tablets	
				5mg	2mg
1	10 .0 x 10.0 x 10.0 = 30.0mg			6	
2	10.0 x 10.0 x 7.0 = 27.0mg	3.0mg	10.00%	5	1
3	10.0 x 8.0 x 7.0 = 25.0mg	2.0mg	7.41%	4	2.5 (3)
4	8.0 x 8.0 x 7.0 = 23.0mg	2.0mg	8.00%	3	4
5	8.0 x 6.0 x 7.0 = 21.0mg	2.0mg	8.69%	3	3
6	6.0 x 6.0 x 7.0 = 19.0mg	2.0mg	9.52%	3	2
7	6.0 X 6.0 X 6.0 = 18.0mg	1.0mg	5.26%	3	1.5 (2)
8	6.0 x 6.0 x 5.0 = 17.0mg	1.0mg	5.55%	3	1
9	6.0 x 5.0 x 5.0 = 16.0mg	1.0mg	5.88%	3	0.5 (1)
10	5.0 x 5.0 x 5.0 = 15.0mg	1.0mg	6.25%	3	
11	5.0 x 5.0 x 4.0 = 14.0mg	1.0mg	6.66%	2	2
12	5.0 x 4.0 x 4.0 = 13.0mg	1.0mg	7.14%	1	4
13	4.0 x 4.0 x 4.0 = 12.0mg	1.0mg	7.69%		6
14	4.0 x 4.0 x 3.0 = 11.0mg	1.0mg	8.33%		5.5 (6)
15	4.0 x 3.0 x 3.0 = 10.0mg	1.0mg	9.10%		5
16	3.0 x 3.0 x 3.0 = 9.0mg	1.0mg	10.00%		4.5 (5)
17	3.0 x 3.0 x 2.5 = 8.5mg	0.5mg	5.55%		4.25 (5)
18	3.0 x 2.5 x 2.5 = 8.0mg	0.5mg	5.88%		4
19	2.5 x 2.5 x 2.5 = 7.5mg	0.5mg	6.25%		3.75 (4)
20	2.5 x 2.5 x 2.0 = 7.0mg	0.5mg	6.66%		3.5 (4)
21	2.5 X 2.0 X 2.0 = 6.5mg	0.5mg	7.14%		3.25 (4)
22	2.0 x 2.0 x 2.0 = 6.0mg	0.5mg	7.69%		3

This completes the reduction from 30.0 mg to 6.0 mg of diazepam. The next table below is for 6.0 mg reduction to zero, using liquid diazepam. 5.0 ml liquid diazepam is equivalent to 2.0 mg in tablet form. The table starts at 15.0 ml diazepam to comply with the CKS/NICE guidelines and the Consensus Statement.



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No	Daily Amount	Amount Reduced	Percentage	Syringe 5ml	Syringe 1ml
1	$5.0 \times 5.0 \times 5.0 = 15.0\text{mls}$				
2	$5.0 \times 5.0 \times 4.0 = 14.0\text{mls}$	1.0ml	6.70%	YES	
3	$5.0 \times 4.0 \times 4.0 = 13.0\text{mls}$	1.0ml	7.10%	YES	
4	$4.0 \times 4.0 \times 4.0 = 12.0\text{mls}$	1.0ml	7.70%	YES	
5	$4.0 \times 4.0 \times 3.0 = 11.0\text{mls}$	1.0ml	8.30%	YES	
6	$4.0 \times 3.0 \times 3.0 = 10.0\text{mls}$	1.0ml	9.10%	YES	
7	$3.0 \times 3.0 \times 3.0 = 9.0\text{mls}$	1.0ml	10.00%	YES	
8	$3.0 \times 3.0 \times 2.5 = 8.5\text{mls}$	0.5mls	5.60%	YES	
9	$3.0 \times 2.5 \times 2.5 = 8.0\text{mls}$	0.5mls	5.90%	YES	
10	$2.5 \times 2.5 \times 2.5 = 7.5\text{mls}$	0.5mls	6.30%	YES	
11	$2.5 \times 2.5 \times 2.0 = 7.0\text{mls}$	0.5mls	6.70%	YES	
12	$2.5 \times 2.0 \times 2.0 = 6.5\text{mls}$	0.5mls	7.10%	YES	
13	$2.0 \times 2.0 \times 2.0 = 6.0\text{mls}$	0.5mls	7.70%	YES	
14	$2.0 \times 2.0 \times 1.5 = 5.5\text{mls}$	0.5mls	8.30%	YES	
15	$2.0 \times 1.5 \times 1.5 = 5.0\text{mls}$	0.5mls	9.10%	YES	
16	$1.5 \times 1.5 \times 1.5 = 4.5\text{mls}$	0.5mls	10.00%	YES	
17	$1.5 \times 1.5 \times 1.1 = 4.1\text{mls}$	0.4mls	8.90%	YES	YES
18	$1.5 \times 1.1 \times 1.1 = 3.7\text{mls}$	0.4mls	9.60%	YES	YES
19	$1.2 \times 1.1 \times 1.1 = 3.4\text{mls}$	0.3mls	8.10%	YES	YES
20	$0.9 \times 1.1 \times 1.1 = 3.1\text{mls}$	0.3mls	8.80%	YES	YES
21	$0.9 \times 0.8 \times 1.1 = 2.8\text{mls}$	0.3mls	9.60%	YES	YES
22	$0.9 \times 0.8 \times 0.9 = 2.6\text{mls}$	0.2mls	7.10%	YES	YES
23	$0.7 \times 0.8 \times 0.9 = 2.4\text{mls}$	0.2mls	7.60%	YES	YES
24	$0.7 \times 0.8 \times 0.7 = 2.2\text{mls}$	0.2mls	8.30%	YES	YES
25	$0.7 \times 0.6 \times 0.7 = 2.0\text{mls}$	0.2mls	9.10%	YES	
26	$0.5 \times 0.6 \times 0.7 = 1.8\text{mls}$	0.2mls	10.00%	YES	YES
27	$0.5 \times 0.6 \times 0.6 = 1.7\text{mls}$	0.1ml	5.50%	YES	YES



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No	Daily Amount	Amount Reduced	Percentage	Syringe 5ml	Syringe 1ml
28	$0.5 \times 0.5 \times 0.6 = 1.6\text{mls}$	0.1ml	5.90%	YES	YES
29	$0.5 \times 0.5 \times 0.5 = 1.5\text{mls}$	0.1ml	6.30%	YES	
30	$0.4 \times 0.5 \times 0.5 = 1.4\text{mls}$	0.1ml	6.70%	YES	YES
31	$0.4 \times 0.4 \times 0.5 = 1.3\text{mls}$	0.1ml	7.10%	YES	YES
32	$0.4 \times 0.4 \times 0.4 = 1.2\text{mls}$	0.1ml	7.70%		YES
33	$0.4 \times 0.4 \times 0.3 = 1.1\text{mls}$	0.1ml	8.30%		YES
34	$0.4 \times 0.3 \times 0.3 = 1.0\text{mls}$	0.1ml	9.10%		YES
35	$0.3 \times 0.3 \times 0.3 = 0.9\text{mls}$	0.1ml	10.00%		YES
36	$0.3 \times 0.3 \times 0.25 = 0.85\text{mls}$	0.05ml	5.60%		YES
37	$0.3 \times 0.25 \times 0.25 = 0.80\text{mls}$	0.05ml	5.90%		YES
38	$0.25 \times 0.25 \times 0.25 = 0.75\text{mls}$	0.05ml	6.30%		YES
39	$0.25 \times 0.25 \times 0.20 = 0.70\text{mls}$	0.05ml	6.70%		YES
40	$0.25 \times 0.20 \times 0.20 = 0.65\text{mls}$	0.05ml	7.10%		YES
41	$0.20 \times 0.20 \times 0.20 = 0.60\text{mls}$	0.05ml	7.60%		YES
42	$0.20 \times 0.20 \times 0.15 = 0.55\text{mls}$	0.05ml	8.30%		YES
43	$0.20 \times 0.15 \times 0.15 = 0.50\text{mls}$	0.05ml	9.10%		YES
44	$0.15 \times 0.15 \times 0.15 = 0.45\text{mls}$	0.05ml	10.00%		YES
45	$0.15 \times 0.15 \times 0.10 = 0.40\text{mls}$	0.05ml	11.11%		YES
46	$0.15 \times 0.10 \times 0.10 = 0.35\text{mls}$	0.05ml	12.50%		YES
47	$0.10 \times 0.10 \times 0.10 = 0.30\text{mls}$	0.05ml	14.30%		YES
48	$0.10 \times 0.10 \times 0.05 = 0.25\text{mls}$	0.05ml	16.70%		YES
49	$0.10 \times 0.05 \times 0.05 = 0.20\text{mls}$	0.05ml	20.00%		YES
50	$0.05 \times 0.05 \times 0.05 = 0.15\text{mls}$	0.05ml	25.00%		YES
51	$0.05 \times 0.05 = 0.10\text{mls}$	0.05ml	33.33%		YES
52	$0.05 = 0.05\text{mls}$	0.05ml	50.00%		YES
53	NIL	0.05ml	100.00%		YES
54	REDUCTION COMPLETE				