

# GUIDANCE

## PRINCIPLES OF ANTIDEPRESSANT REDUCTION

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## CIPRAMIL TABLETS – SHEET ONE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Start line for 60mg	3	3	3	2½	3	3	3	3	3	3	2½	3	3	3
	2½	3	3	2½	3	3	3	2½	3	3	2½	3	3	3
	2½	3	2½	3	2½	3	3	2½	3	2½	3	2½	3	3
	2½	3	2½	3	2½	3	2½	3	2½	3	2½	3	2½	3
	2½	3	2½	2½	2½	3	3	2½	3	2½	2½	2½	3	3
	2½	2½	2½	3	2½	2½	3	2½	2½	2½	3	2½	2½	3
	2½	2½	2½	3	2½	2½	2½	2½	2½	3	2½	2½	2½	2½

Start line for 50mg	2½	2½	2½	2½	2½	2½	2½	2½	2½	2½	2½	2½	2½	2½
	2½	2½	2½	2	2½	2½	2½	2½	2½	2½	2	2½	2½	2½
	2	2½	2½	2	2½	2½	2½	2	2½	2½	2	2½	2½	2½
	2½	2	2½	2	2½	2	2½	2½	2	2½	2	2½	2	2½
	2	2½	2	2½	2	2½	2	2	2½	2	2½	2	2½	2
	2	2	2½	2	2½	2	2	2	2	2½	2	2½	2	2
	2	2	2	2½	2	2	2	2	2	2	2	2½	2	2

Start line for 40mg	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	2	2	2	1½	2	2	2	2	2	2	1½	2	2	2
	1½	2	2	2	1½	2	2	1½	2	2	2	1½	2	2
	2	1½	2	1½	2	1½	2	2	1½	2	1½	2	1½	2
	1½	2	1½	2	1½	2	1½	1½	2	1½	2	1½	2	1½
	1½	1½	2	1½	1½	2	1½	1½	1½	2	1½	1½	2	1½
	1½	1½	1½	2	1½	1½	1½	1½	1½	1½	1½	2	1½	1½

## CIPRAMIL TABLETS – SHEET TWO

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Start line for 30mg</b>	1½	1½	1½	1½	1½	1½	1½	1½	1½	1½	1½	1½	1½	1½
	1½	1½	1½	1	1½	1½	1½	1½	1½	1½	1	1½	1½	1½
	1	1½	1½	1½	1	1½	1½	1	1½	1½	1½	1	1½	1½
	1½	1	1½	1	1½	1	1½	1½	1	1½	1	1½	1	1½
	1	1½	1	1½	1	1½	1	1	1½	1	1½	1	1½	1
	1	1	1½	1	1	1½	1	1	1	1½	1	1	1½	1
	1	1	1	1½	1	1	1	1	1	1	1	1½	1	1

<b>Start line for 20mg</b>	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	1	1	1	½	1	1	1	1	1	1	½	1	1	1
	½	1	1	1	½	1	1	½	1	1	1	½	1	1
	1	½	1	½	1	½	1	1	½	1	½	1	½	1
	½	1	½	1	½	1	½	½	1	½	1	½	1	½
	½	½	1	½	½	1	½	½	½	1	½	½	1	½
	½	½	½	1	½	½	½	½	½	½	1	½	½	½

<b>Start line for 10mg</b>	½	½	½	½	½	½	½	½	½	½	½	½	½	½
	½	½	½	0	½	½	½	½	½	½	0	½	½	½
	0	½	½	½	0	½	½	0	½	½	½	0	½	½
	½	0	½	0	½	0	½	½	0	½	0	½	0	½
	0	½	0	½	0	½	0	0	½	0	½	0	½	0
	0	0	½	0	0	½	0	0	0	½	0	0	½	0
	0	0	0	½	0	0	0	0	0	0	½	0	0	0

**KEEP THIS CHART WITH MEDICATION    Basic Dose: 20mg = 1 tablet | 40mg = 2 tablets | 60mg = 3 tablets**  
**CITA HELP LINE TELEPHONE NO. 0151 932 0102    Above numbers refer to number of tablets**

**CIPRAMIL IS ALSO AVAILABLE IN 10mg TABLETS.**

## CIPRALEX – ESCITALOPRAM – LEXAPRO (USA NAME)

<b>Start line for 20mg tablet</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
	20mg	20mg	20mg	20mg	20mg	15mg	20mg	20mg	20mg	15mg	20mg	20mg	15mg	20mg
	20mg	15mg	20mg	15mg	20mg	15mg	20mg	15mg	20mg	15mg	20mg	15mg	15mg	20mg
	20mg	15mg	15mg	20mg	15mg	15mg	15mg	20mg	15mg	15mg	15mg	15mg	15mg	15mg
	15mg	15mg	15mg	15mg	15mg	15mg	15mg							

<b>Start line for 15mg tablet</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
	15mg	15mg	15mg	15mg	15mg	10mg	15mg	15mg	15mg	10mg	15mg	15mg	10mg	15mg
	15mg	10mg	15mg	10mg	15mg	10mg	15mg	10mg	15mg	10mg	15mg	10mg	10mg	15mg
	15mg	10mg	10mg	15mg	10mg	10mg	10mg	15mg	10mg	10mg	10mg	10mg	10mg	10mg
	10mg	10mg	10mg	10mg	10mg	10mg	10mg							

<b>Start line for 10mg tablet</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
	10mg	10mg	10mg	10mg	10mg	5mg	10mg	10mg	10mg	5mg	10mg	10mg	5mg	10mg
	10mg	5mg	10mg	5mg	10mg	5mg	10mg	5mg	10mg	5mg	10mg	5mg	5mg	10mg
	10mg	5mg	5mg	10mg	5mg	5mg	5mg	10mg	5mg	5mg	5mg	5mg	5mg	5mg
	5mg	5mg	5mg	5mg	5mg	5mg	5mg							

<b>Start line for 5mg tablet</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
	5mg	5mg	5mg	5mg	5mg	0mg	5mg	5mg	5mg	0mg	5mg	5mg	0mg	5mg
	5mg	0mg	5mg	0mg	5mg	0mg	5mg	0mg	5mg	0mg	5mg	0mg	0mg	5mg
	5mg	0mg	0mg	5mg	0mg	0mg	0mg	5mg	0mg	0mg	0mg	0mg	0mg	0mg
	0mg	0mg	0mg	0mg	0mg	0mg	0mg							

**KEEP THIS CHART WITH MEDICATION  
CITA HELP LINE TELEPHONE NO. 0151 932 0102**

**Tablets are available in 20mg, 15mg & 5mg**

## CIPRAMIL LIQUID (20MGS IN 10 DROPS)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 / 2	9	10	10	10	10	10	9	9	10	9	10	9	10	9
3 / 4	9	9	9	9	9	9	9	8	9	9	9	9	9	8
5 / 6	8	9	8	9	8	9	8	8	8	8	8	8	8	8
7 / 8	7	8	8	8	8	8	7	7	8	7	8	7	8	7
9 / 10	7	7	7	7	7	7	7	6	7	7	7	7	7	6
11 / 12	6	7	6	7	6	7	6	6	6	6	6	6	6	6
13 / 14	5	6	6	6	6	6	5	5	6	5	6	5	5	5

15 / 16	5	5	5	5	5	5	5	4	5	5	5	5	5	4
17 / 18	4	5	4	5	4	5	4	4	4	4	4	4	4	4
19 / 20	3	4	4	4	4	4	3	3	4	3	4	3	4	3
21 / 22	3	3	3	3	3	3	3	2	3	3	3	3	3	2
23 / 24	2	3	2	3	2	3	2	2	2	2	2	2	2	2
25 / 26	1	2	2	2	2	2	1	1	2	1	2	1	2	1
27 / 28	1	1	1	1	1	1	1	0	1	1	1	1	1	0
29 / 30	0	1	0	1	0	1	0	0	0	0	0	0	0	0

**KEEP THIS CHART WITH MEDICATION**  
**CITA HELP LINE TELEPHONE NO. 0151 932 0102**

## CYMBALTA / DULOXETINE

<b>Start line for 60mg tablets (2x 30mg tablets)</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
	60mg	60mg	60mg	30mg	60mg	60mg	60mg	60mg	60mg	60mg	30mg	60mg	60mg	60mg
	30mg	60mg	60mg	30mg	60mg	60mg	60mg	30mg	60mg	60mg	30mg	60mg	60mg	60mg
	30mg	60mg	30mg	60mg	30mg	60mg	60mg	30mg	60mg	30mg	60mg	60mg	30mg	60mg
	30mg	60mg	30mg	60mg	30mg	60mg	30mg	30mg	60mg	30mg	60mg	60mg	30mg	60mg
	30mg	30mg	60mg	30mg	30mg	60mg	30mg	30mg	30mg	60mg	30mg	30mg	60mg	30mg

<b>Start line for 30mg tablet</b>	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg
	30mg	30mg	30mg	0mg	30mg	30mg	30mg	30mg	30mg	30mg	0mg	30mg	30mg	30mg
	0mg	30mg	30mg	0mg	30mg	30mg	30mg	0mg	30mg	30mg	0mg	30mg	30mg	30mg
	0mg	30mg	0mg	30mg	0mg	30mg	30mg	0mg	30mg	30mg	0mg	30mg	30mg	30mg
	0mg	30mg	0mg	30mg	0mg	30mg	0mg	0mg	30mg	0mg	30mg	0mg	30mg	0mg
	0mg	0mg	30mg	0mg	0mg	30mg	0mg	0mg	0mg	0mg	30mg	0mg	30mg	0mg
	0mg	0mg	30mg	0mg	0mg	0mg	0mg	0mg	0mg	30mg	0mg	0mg	0mg	0mg

**KEEP THIS CHART WITH MEDICATION  
CITA HELP LINE TELEPHONE NO. 0151 932 0102**

**Duloxetine Tablets are available in 60mg and 30mg sizes**

## VENLAFAXINE / EFEXOR – SHEET ONE

<b>Start line for 225mg (3 tablets)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	3	3	3	2½	3	3	3	3	3	3	2½	3	3	3
	2½	3	3	2½	3	3	3	2½	3	3	2½	3	3	3
	2½	3	2½	3	2½	3	3	2½	3	2½	3	2½	3	3
	2½	3	2½	3	2½	3	2½	3	2½	3	2½	3	2½	3
	2½	3	2½	2½	2½	3	3	2½	3	2½	2½	2½	3	3
	2½	2½	2½	3	2½	2½	3	2½	2½	2½	3	2½	2½	3
2½	2½	2½	3	2½	2½	2½	2½	2½	2½	3	2½	2½	2½	2½

<b>Start line for 187.5mg (2½ tablets)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	2½	2½	2½	2½	2½	2½	2½	2½	2½	2½	2½	2½	2½	2½
	2½	2½	2½	2	2½	2½	2½	2½	2½	2½	2	2½	2½	2½
	2	2½	2½	2	2½	2½	2½	2	2½	2½	2	2½	2½	2½
	2½	2	2½	2	2½	2	2½	2½	2	2½	2	2½	2	2½
	2	2½	2	2½	2	2½	2	2	2½	2	2½	2	2½	2
	2	2	2½	2	2½	2	2	2	2	2	2½	2	2½	2
2	2	2	2½	2	2	2	2	2	2	2	2½	2	2	2

<b>Start line for 150mg (2 tablets)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	2	2	2	1½	2	2	2	2	2	2	1½	2	2	2
	1½	2	2	2	1½	2	2	1½	2	2	2	1½	2	2
	2	1½	2	1½	2	1½	2	2	1½	2	1½	2	1½	2
	1½	2	1½	2	1½	2	1½	1½	2	1½	2	1½	2	1½
	1½	1½	2	1½	1½	2	1½	1½	1½	2	1½	1½	2	1½
1½	1½	1½	2	1½	1½	1½	1½	1½	1½	1½	2	1½	1½	1½

## EFEXOR TABLETS – SHEET TWO

<b>Start line for 112.5mg (1½ tablets)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	1½	1½	1½	1½	1½	1½	1½	1½	1½	1½	1½	1½	1½	1½
	1½	1½	1½	1	1½	1½	1½	1½	1½	1½	1	1½	1½	1½
	1	1½	1½	1½	1	1½	1½	1	1½	1½	1½	1	1½	1½
	1½	1	1½	1	1½	1	1½	1½	1	1	1½	1	1½	1½
	1	1½	1	1½	1	1½	1	1	1½	1	1½	1	1½	1
	1	1	1½	1	1	1½	1	1	1	1½	1	1	1½	1
	1	1	1	1½	1	1	1	1	1	1	1	1½	1	1

<b>Start line for 75mg (1 tablet)</b>	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	1	1	1	½	1	1	1	1	1	1	½	1	1	1
	½	1	1	1	½	1	1	½	1	1	1	½	1	1
	1	½	1	½	1	½	1	1	½	1	½	1	½	1
	½	1	½	1	½	1	½	½	1	½	1	½	1	½
	½	½	1	½	½	1	½	½	½	1	½	½	1	½
	½	½	½	1	½	½	½	½	½	½	1	½	½	½

<b>Start line for 37.5mg (½ tablet)</b>	½	½	½	½	½	½	½	½	½	½	½	½	½	½
	½	½	½	0	½	½	½	½	½	½	0	½	½	½
	0	½	½	½	0	½	½	0	½	½	½	0	½	½
	½	0	½	0	½	0	½	½	0	½	0	½	0	½
	0	½	0	½	0	½	0	0	½	0	½	0	½	0
	0	0	½	0	0	½	0	0	0	½	0	0	½	0
	0	0	0	½	0	0	0	0	0	0	½	0	0	0

**KEEP THIS CHART WITH MEDICATION**

Basic Dose: 75mg = 1 tablet : 150mg = 2 tablets : 235mg = 3 tablets

**CITA HELP LINE TELEPHONE NO. 0151 932 0102**

Above numbers refer to number of tablets

Efexor can be prescribed in 37.5mg tablets.      You can reduce more gently and slowly using ½ tablets.

## LUSTRAL & FAVERIN

<b>Start line for 150mg of tablets</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	3	3	3	2	3	3	3	3	3	3	2	3	3	3
	2	3	3	2	3	3	3	2	3	3	2	3	3	3
	2	3	2	3	2	3	3	2	3	2	3	2	3	3
	2	3	2	3	2	3	2	3	2	3	2	3	2	3
	2	3	2	2	2	3	3	2	3	2	2	2	3	3
	2	2	2	3	2	2	3	2	2	2	3	2	2	3
2	2	2	3	2	2	2	2	2	3	2	2	2	2	

<b>Start line for 100mg of tablets</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	2	2	2	1	2	2	2	2	2	2	1	2	2	2
	1	2	2	1	2	2	2	1	2	2	1	2	2	2
	2	1	2	1	2	1	2	2	1	2	1	2	1	2
	1	2	1	2	1	2	1	1	2	1	2	1	2	1
	1	1	2	1	2	1	1	1	1	2	1	2	1	1
1	1	1	2	1	1	1	1	1	1	2	1	1	1	

<b>Start line for 50mg of tablets</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	1	1	1	0	1	1	1	1	1	1	0	1	1	1
	0	1	1	1	0	1	1	0	1	1	1	0	1	1
	1	0	1	0	1	0	1	1	0	1	0	1	0	1
	0	1	0	1	0	1	0	0	1	0	1	0	1	0
	0	0	1	0	0	1	0	0	0	1	0	0	1	0
0	0	0	1	0	0	0	0	0	0	1	0	0	0	

**KEEP THIS CHART WITH MEDICATION**

Basic Dose: 50mg = 1 tablet | 100mg = 2 tablets | 150mg = 3 tablets

**CITA HELP LINE TELEPHONE NO. 0151 932 0102**

**Above numbers refer to number of tablets**

## ZISPIN / MIRTAZAPINE – SHEET ONE

<b>Start line for 45mg  (30mg + 15mg tablets)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	45mg	45mg	45mg	45mg	45mg	45mg	45mg	45mg	45mg	45mg	45mg	45mg	45mg	45mg
	45mg	45mg	45mg	37.5mg	45mg	45mg	45mg	45mg	45mg	45mg	37.5mg	45mg	45mg	45mg
	37.5mg	45mg	45mg	37.5mg	45mg	45mg	45mg	37.5mg	45mg	45mg	37.5mg	45mg	45mg	45mg
	37.5mg	45mg	37.5mg	45mg	37.5mg	45mg	45mg	37.5mg	45mg	37.5mg	45mg	37.5mg	45mg	45mg
	37.5mg	45mg	37.5mg	45mg	37.5mg	45mg	37.5mg	37.5mg	45mg	37.5mg	45mg	37.5mg	45mg	37.5mg
	37.5mg	37.5mg	45mg	37.5mg	37.5mg	45mg	37.5mg	37.5mg	37.5mg	37.5mg	45mg	37.5mg	45mg	37.5mg
	37.5mg	37.5mg	45mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	45mg	37.5mg	37.5mg	37.5mg

↑ 45mg TABLET LINE (1x 30mg tablet + 1x 15mg tablet)↑

<b>Start line for 37.5mg tablet  (30mg + ½ of 15mg)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg
	37.5mg	37.5mg	37.5mg	30mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	37.5mg	30mg	37.5mg	37.5mg
	30mg	37.5mg	37.5mg	30mg	37.5mg	37.5mg	37.5mg	30mg	37.5mg	37.5mg	30mg	37.5mg	37.5mg	37.5mg
	30mg	37.5mg	30mg	37.5mg	30mg	37.5mg	37.5mg	30mg	37.5mg	37.5mg	30mg	37.5mg	37.5mg	37.5mg
	30mg	37.5mg	30mg	37.5mg	30mg	37.5mg	30mg	30mg	37.5mg	30mg	37.5mg	30mg	37.5mg	30mg
	30mg	30mg	37.5mg	30mg	30mg	37.5mg	30mg	30mg	30mg	30mg	30mg	37.5mg	30mg	37.5mg
	30mg	30mg	37.5mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	37.5mg	30mg	30mg	30mg

↑ 37.5mg TABLET LINE (1x 30mg tablet + ½x 15mg tablet)↑

<b>Start line for 30mg tablet</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg	30mg
	30mg	30mg	30mg	22.5mg	30mg	30mg	30mg	30mg	30mg	30mg	22.5mg	30mg	30mg	30mg
	22.5mg	30mg	30mg	30mg	22.5mg	30mg	30mg	22.5mg	30mg	30mg	30mg	22.5mg	30mg	30mg
	30mg	22.5mg	30mg	22.5mg	22.5mg	30mg	30mg	22.5mg	30mg	30mg	22.5mg	30mg	22.5mg	30mg
	22.5mg	30mg	22.5mg	22.5mg	30mg	22.5mg	30mg	22.5mg	30mg	22.5mg	30mg	22.5mg	30mg	22.5mg
	22.5mg	30mg	22.5mg	22.5mg	22.5mg	30mg	22.5mg	22.5mg	30mg	22.5mg	22.5mg	22.5mg	30mg	22.5mg
	22.5mg	22.5mg	22.5mg	30mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	30mg	22.5mg	22.5mg

↑ 30mg TABLET LINE (1x 30mg tablet)↑

## ZISPIN/MIRTAZAPINE SHEET TWO

<b>Start line for 22.5mg  (15mg + 1/2 15mg tablet)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg
	22.5mg	22.5mg	22.5mg	15mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	22.5mg	15mg	22.5mg	22.5mg	22.5mg
	15mg	22.5mg	22.5mg	15mg	22.5mg	22.5mg	22.5mg	15mg	22.5mg	22.5mg	15mg	22.5mg	22.5mg	22.5mg
	15mg	22.5mg	15mg	22.5mg	15mg	22.5mg	22.5mg	15mg	22.5mg	15mg	22.5mg	15mg	22.5mg	22.5mg
	15mg	22.5mg	15mg	22.5mg	15mg	22.5mg	15mg	15mg	22.5mg	15mg	22.5mg	15mg	22.5mg	15mg
	15mg	15mg	22.5mg	15mg	15mg	22.5mg	15mg	15mg	15mg	15mg	15mg	22.5mg	15mg	22.5mg
15mg	15mg	22.5mg	15mg	15mg	15mg	15mg	15mg	15mg	15mg	22.5mg	15mg	15mg	15mg	15mg

↑ 22.5mg TABLET LINE (1x 15mg tablet + 1/2x 15mg tablet)↑

<b>Start line for 15mg</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	15mg	15mg	15mg	15mg	15mg	15mg	15mg	15mg	15mg	15mg	15mg	15mg	15mg	15mg
	15mg	15mg	15mg	7.5mg	15mg	15mg	15mg	15mg	15mg	15mg	7.5mg	15mg	15mg	15mg
	7.5mg	15mg	15mg	7.5mg	15mg	15mg	15mg	7.5mg	15mg	15mg	7.5mg	15mg	15mg	15mg
	7.5mg	15mg	7.5mg	15mg	7.5mg	15mg	15mg	7.5mg	15mg	7.5mg	15mg	7.5mg	15mg	15mg
	7.5mg	15mg	7.5mg	15mg	7.5mg	15mg	7.5mg	7.5mg	15mg	7.5mg	15mg	7.5mg	15mg	7.5mg
	7.5mg	7.5mg	15mg	7.5mg	7.5mg	7.5mg	15mg	7.5mg	15mg	7.5mg	7.5mg	7.5mg	15mg	7.5mg
7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	15mg	7.5mg	7.5mg	7.5mg	7.5mg	15mg	7.5mg	7.5mg	7.5mg

↑15mg TABLET LINE↑

<b>Start line for 7.5mg  (1/2 15mg tablet)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg
	7.5mg	7.5mg	7.5mg	0mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	7.5mg	0mg	7.5mg	7.5mg	7.5mg
	0mg	7.5mg	7.5mg	0mg	7.5mg	7.5mg	7.5mg	0mg	7.5mg	7.5mg	0mg	7.5mg	7.5mg	7.5mg
	0mg	7.5mg	0mg	7.5mg	0mg	7.5mg	7.5mg	0mg	7.5mg	0mg	7.5mg	0mg	7.5mg	7.5mg
	0mg	7.5mg	0mg	7.5mg	0mg	7.5mg	0mg	0mg	7.5mg	0mg	7.5mg	0mg	7.5mg	0mg
	0mg	0mg	7.5mg	0mg	0mg	7.5mg	0mg	0mg	0mg	0mg	0mg	7.5mg	0mg	7.5mg
0mg	0mg	7.5mg	0mg	0mg	0mg	0mg	0mg	0mg	0mg	7.5mg	0mg	0mg	0mg	0mg

↑7.5mg TABLET LINE (1/2x 15mg tablet)↑

**KEEP THIS CHART WITH MEDICATION  
CITA HELP LINE TELEPHONE NO. 0151 932 0102**

**Zispin Tablets available in 30mg and 15mg sizes**

**ZISPIN/MIRTAZEPINE – LIQUID METHOD**

**ONE 15mg TABLET IS EQUAL TO 15ml OF LIQUID**

<b>Start line for 15ml Liquid  (x1 15mg tablet)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	15ml	15ml	15ml	15ml	15ml	15ml	15ml	14ml	14ml	14ml	14ml	14ml	14ml	14ml
	13ml	13ml	13ml	13ml	13ml	13ml	13ml	12ml	12ml	12ml	12ml	12ml	12ml	12ml
	11ml	11ml	11ml	11ml	11ml	11ml	11ml	10ml	10ml	10ml	10ml	10ml	10ml	10ml
	9ml	9ml	9ml	9ml	9ml	9ml	9ml	8ml	8ml	8ml	8ml	8ml	8ml	8ml
	7ml	7ml	7ml	7ml	7ml	7ml	7ml	6ml	6ml	6ml	6ml	6ml	6ml	6ml
	5ml	5ml	5ml	5ml	5ml	5ml	5ml	4ml	4ml	4ml	4ml	4ml	4ml	4ml
	3ml	3ml	3ml	3ml	3ml	3ml	3ml	2ml	2ml	2ml	2ml	2ml	2ml	2ml
	1ml	1ml	1ml	1ml	1ml	1ml	1ml							

**The reduction is 1ml per week, however if you are having difficulty you can remain on the same amount for an additional week**

**KEEP THIS CHART WITH MEDICATION  
CITA HELP LINE TELEPHONE NO. 0151 932 0102**

## **PROZAC LIQUID – WITHDRAWAL METHOD**

**ONE 20mg TABLET IS EQUAL TO 5ml OF PROZAC LIQUID**

**PLEASE LET YOUR DOCTOR KNOW BEFORE STARTING THE WITHDRAWAL**

<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>1</b>	5ml	5ml	5ml	5ml	5ml	4ml	5ml	5ml	5ml	4ml	5ml	5ml	4ml	5ml
<b>3</b>	5ml	4ml	5ml	4ml	5ml	4ml	5ml	4ml	5ml	4ml	5ml	4ml	4ml	5ml
<b>5</b>	5ml	4ml	4ml	5ml	4ml	4ml	4ml	5ml	4ml	4ml	4ml	4ml	4ml	4ml
<b>7</b>	4ml	4ml	4ml	4ml	4ml	4ml	4ml	4ml	4ml	3ml	4ml	4ml	4ml	4ml
<b>9</b>	4ml	3ml	4ml	4ml	3ml	4ml	4ml	3ml	4ml	3ml	4ml	4ml	3ml	4ml
<b>11</b>	3ml	4ml	3ml	4ml	3ml	3ml	4ml	4ml	3ml	3ml	4ml	3ml	3ml	3ml
<b>13</b>	3ml	3ml	4ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml
<b>15</b>	3ml	3ml	2ml	3ml	3ml	3ml	3ml	3ml	2ml	3ml	3ml	2ml	3ml	3ml
<b>17</b>	3ml	2ml	3ml	2ml	3ml	2ml	3ml	3ml	2ml	2ml	3ml	2ml	2ml	3ml
<b>19</b>	3ml	2ml	2ml	3ml	2ml	2ml	2ml	3ml	2ml	2ml	2ml	2ml	2ml	2ml
<b>21</b>	2ml	2ml	2ml	2ml	2ml	2ml	2ml	2ml	2ml	1ml	2ml	2ml	2ml	2ml
<b>23</b>	2ml	1ml	2ml	2ml	1ml	2ml	2ml	2ml	1ml	2ml	1ml	2ml	1ml	2ml
<b>25</b>	2ml	1ml	1ml	2ml	2ml	1ml	1ml	2ml	1ml	1ml	1ml	1ml	1ml	2ml
<b>27</b>	1ml	1ml	1ml	1ml	2ml	1ml	1ml	1ml	1ml	1ml	1ml	1ml	1ml	1ml
<b>29</b>	1ml	1ml	Nil	1ml	1ml	1ml	1ml	1ml	Nil	1ml	1ml	Nil	1ml	1ml
<b>31</b>	1ml	Nil	1ml	Nil	1ml	Nil	1ml	1ml	Nil	1ml	Nil	Nil	1ml	Nil
<b>33</b>	1ml	Nil	Nil	1ml	Nil	Nil	Nil	1ml	Nil	Nil	Nil	Nil	Nil	Nil
<b>35</b>	Nil	Nil	Nil	Nil	Nil	Nil	Nil							

## **SEROXAT LIQUID – WITHDRAWAL METHOD**

**ONE 20mg TABLET IS EQUAL TO 10ml OF SEROXAT LIQUID**

**PLEASE LET YOUR DOCTOR KNOW BEFORE STARTING THE WITHDRAWAL**

<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>1</b>	10ml	10ml	10ml	10ml	10ml	9ml	10ml	10ml	10ml	9ml	10ml	10ml	9ml	10ml
<b>3</b>	10ml	9ml	10ml	9ml	10ml	9ml	10ml	9ml	10ml	9ml	10ml	9ml	9ml	10ml
<b>5</b>	10ml	9ml	9ml	10ml	9ml	9ml	9ml	10ml	9ml	9ml	9ml	9ml	9ml	9ml
<b>7</b>	9ml	9ml	9ml	9ml	9ml	9ml	9ml	9ml	9ml	8ml	9ml	9ml	9ml	9ml
<b>9</b>	9ml	8ml	9ml	9ml	8ml	9ml	9ml	8ml	9ml	8ml	9ml	9ml	8ml	9ml
<b>11</b>	8ml	9ml	8ml	9ml	8ml	8ml	9ml	9ml	8ml	8ml	9ml	8ml	8ml	8ml
<b>13</b>	8ml	8ml	9ml	8ml	8ml	8ml	8ml	8ml	8ml	8ml	8ml	8ml	8ml	8ml
<b>15</b>	8ml	8ml	7ml	8ml	8ml	8ml	8ml	8ml	7ml	8ml	8ml	7ml	8ml	8ml
<b>17</b>	8ml	7ml	8ml	7ml	8ml	7ml	8ml	8ml	7ml	7ml	8ml	7ml	7ml	8ml
<b>19</b>	8ml	7ml	7ml	8ml	7ml	7ml	7ml	8ml	7ml	7ml	7ml	7ml	7ml	7ml
<b>21</b>	7ml	7ml	7ml	7ml	7ml	7ml	7ml	7ml	7ml	1ml	7ml	7ml	7ml	7ml
<b>23</b>	7ml	6ml	7ml	7ml	6ml	7ml	7ml	7ml	6ml	7ml	6ml	7ml	6ml	7ml
<b>25</b>	7ml	6ml	6ml	7ml	7ml	6ml	6ml	7ml	6ml	6ml	6ml	6ml	6ml	7ml
<b>27</b>	6ml	6ml	6ml	6ml	7ml	6ml	6ml	6ml	6ml	6ml	6ml	6ml	6ml	6ml
<b>29</b>	6ml	6ml	5ml	6ml	6ml	6ml	6ml	6ml	5ml	6ml	6ml	5ml	6ml	6ml
<b>31</b>	6ml	5ml	6ml	5ml	6ml	5ml	6ml	6ml	5ml	6ml	5ml	5ml	6ml	5ml
<b>33</b>	6ml	5ml	5ml	6ml	5ml	5ml	5ml	6ml	5ml	5ml	5ml	5ml	5ml	5ml
<b>35</b>	5ml	5ml	5ml	5ml	5ml	5ml	5ml	5ml	5ml	5ml	5ml	5ml	5ml	5ml

## SEROXAT LIQUID SHEET TWO

<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>37</b>	5ml	5ml	5ml	5ml	5ml	4ml	5ml	5ml	5ml	4ml	5ml	5ml	4ml	5ml
<b>39</b>	5ml	4ml	5ml	4ml	5ml	4ml	5ml	4ml	5ml	4ml	5ml	4ml	4ml	5ml
<b>41</b>	5ml	4ml	4ml	5ml	4ml	4ml	4ml	5ml	4ml	4ml	4ml	4ml	4ml	4ml
<b>43</b>	4ml	4ml	4ml	4ml	4ml	4ml	4ml	4ml	4ml	3ml	4ml	4ml	4ml	4ml
<b>45</b>	4ml	3ml	4ml	4ml	3ml	4ml	4ml	3ml	4ml	3ml	4ml	4ml	3ml	4ml
<b>47</b>	3ml	4ml	3ml	4ml	3ml	3ml	4ml	4ml	3ml	3ml	4ml	3ml	3ml	3ml
<b>49</b>	3ml	3ml	4ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml
<b>51</b>	3ml	3ml	2ml	3ml	3ml	3ml	3ml	3ml	2ml	3ml	3ml	2ml	3ml	3ml
<b>53</b>	3ml	2ml	3ml	2ml	3ml	2ml	3ml	3ml	2ml	2ml	3ml	2ml	2ml	3ml
<b>55</b>	3ml	2ml	2ml	3ml	2ml	2ml	2ml	3ml	2ml	2ml	2ml	2ml	2ml	2ml
<b>57</b>	2ml	2ml	2ml	2ml	2ml	2ml	2ml	2ml	2ml	1ml	2ml	2ml	2ml	2ml
<b>59</b>	2ml	1ml	2ml	2ml	1ml	2ml	2ml	2ml	1ml	2ml	1ml	2ml	1ml	2ml
<b>61</b>	2ml	1ml	1ml	2ml	2ml	1ml	1ml	2ml	1ml	1ml	1ml	1ml	1ml	2ml
<b>63</b>	1ml	1ml	1ml	1ml	2ml	1ml	1ml	1ml	1ml	1ml	1ml	1ml	1ml	1ml
<b>65</b>	1ml	1ml	Nil	1ml	1ml	1ml	1ml	1ml	Nil	1ml	1ml	Nil	1ml	1ml
<b>67</b>	1ml	Nil	1ml	Nil	1ml	Nil	1ml	1ml	Nil	1ml	Nil	Nil	1ml	Nil
<b>69</b>	1ml	Nil	Nil	1ml	Nil	Nil	Nil	1ml	Nil	Nil	Nil	Nil	Nil	Nil
<b>71</b>	Nil	Nil	Nil	Nil	Nil	Nil	Nil							

## AMITRIPTYLINE (TRIPTAFEN) – SHEET ONE

<b>Start line for 150mg</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	150mg	150mg	150mg	125mg	150mg	150mg	150mg	150mg	125mg	150mg	150mg	150mg	125mg	150mg
	125mg	150mg	150mg	125mg	150mg	125mg	150mg	125mg	150mg	125mg	150mg	125mg	150mg	125mg
	125mg	150mg	125mg	125mg	150mg	125mg	125mg	125mg	125mg	125mg	150mg	125mg	125mg	125mg
	125mg	125mg	125mg	125mg	125mg	125mg	125mg							

<b>Start line for 125mg</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	125mg	125mg	125mg	100mg	125mg	125mg	125mg	125mg	100mg	125mg	125mg	125mg	100mg	125mg
	100mg	125mg	125mg	100mg	125mg	100mg	125mg	100mg	125mg	100mg	125mg	100mg	125mg	100mg
	100mg	125mg	100mg	100mg	125mg	100mg	100mg	100mg	100mg	100mg	125mg	100mg	100mg	100mg
	100mg	100mg	100mg	100mg	100mg	100mg	100mg							

<b>Start line for 100mg</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	100mg	100mg	100mg	75mg	100mg	100mg	100mg	100mg	175mg	100mg	100mg	100mg	75mg	100mg
	75mg	100mg	100mg	75mg	100mg	75mg	100mg	75mg	100mg	75mg	100mg	75mg	100mg	75mg
	75mg	100mg	75mg	75mg	100mg	75mg	75mg	75mg	75mg	75mg	100mg	75mg	75mg	75mg
	75mg	75mg	75mg	75mg	75mg	75mg	75mg							

<b>Start line for 75mg</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	75mg	75mg	75mg	50mg	75mg	75mg	75mg	75mg	50mg	75mg	75mg	75mg	50mg	75mg
	50mg	75mg	75mg	50mg	75mg	50mg	75mg	50mg	75mg	50mg	75mg	50mg	75mg	50mg
	50mg	75mg	50mg	50mg	75mg	50mg	50mg	50mg	50mg	50mg	75mg	50mg	50mg	50mg
	50mg	50mg	50mg	50mg	50mg	50mg	50mg							

## AMITRIPTYLINE (TRIPTAFEN) – SHEET TWO

<b>Start line for 50mg</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	50mg	50mg	50mg	25mg	50mg	50mg	50mg	50mg	25mg	50mg	50mg	50mg	25mg	50mg
	25mg	50mg	50mg	25mg	50mg	25mg	50mg	25mg	50mg	25mg	50mg	25mg	50mg	25mg
	25mg	50mg	25mg	25mg	50mg	25mg	25mg	25mg	25mg	25mg	50mg	25mg	25mg	25mg
	25mg	25mg	25mg	25mg	25mg	25mg	25mg							

<b>Start line for 25mg</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	25mg	25mg	25mg	10mg	25mg	25mg	25mg	25mg	10mg	25mg	25mg	25mg	10mg	25mg
	10mg	25mg	25mg	10mg	25mg	10mg	25mg	10mg	25mg	10mg	25mg	10mg	25mg	10mg
	10mg	25mg	10mg	10mg	25mg	10mg	10mg	10mg	10mg	10mg	25mg	10mg	10mg	10mg
	10mg	10mg	10mg	10mg	10mg	10mg	10mg							

<b>Start line for 10mg</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	10mg	10mg	10mg	0mg	10mg	10mg	10mg	10mg	0mg	10mg	10mg	10mg	0mg	10mg
	0mg	10mg	10mg	0mg	0mg	10mg	10mg	0mg	10mg	0mg	10mg	0mg	10mg	0mg
	0mg	10mg	0mg	0mg	10mg	0mg	0mg	0mg	0mg	0mg	10mg	0mg	10mg	10mg
	0mg	0mg	0mg	0mg	0mg	0mg	0mg							

**KEEP THIS CHART WITH MEDICATION**  
**CITA HELP LINE TELEPHONE NO. 0151 932 0102**

**Amitriptyline Tablets available in 25mg and 10mg sizes**

## GAMANIL – SHEET ONE

<b>Start line for 140mg</b>  <b>2 tablets (70mg each)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	150mg	150mg	150mg	150mg	150mg	150mg	150mg	150mg	150mg	150mg	150mg	150mg	150mg	150mg
	105mg	150mg	150mg	105mg	150mg	150mg	150mg	105mg	150mg	150mg	105mg	150mg	150mg	150mg
	105mg	150mg	105mg	150mg	105mg	150mg	150mg	105mg	150mg	105mg	150mg	105mg	150mg	150mg
	105mg	150mg	105mg	150mg	105mg	150mg	105mg	150mg	105mg	150mg	105mg	150mg	105mg	150mg
	105mg	150mg	105mg	105mg	105mg	150mg	150mg	105mg	150mg	105ng	105mg	105mg	150mg	150mg
	105mg	105mg	105mg	150mg	105mg	105mg	150mg	105mg	105mg	105mg	150mg	105mg	105mg	150mg
	105mg	105mg	105mg	150mg	105mg	105mg	105mg	105mg	105mg	150mg	105mg	105mg	105mg	105mg

↑ **2** TABLET LINE ↑

<b>Start line for 105mg</b>  <b>(1½ 70mg tablets)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	105mg	105mg	105mg	105mg	105mg	105mg	105mg	105mg	105mg	105mg	105mg	105mg	105mg	105mg
	70mg	105mg	105mg	70mg	105mg	105mg	105mg	70mg	105mg	105mg	70mg	105mg	105mg	105mg
	70mg	105mg	70mg	105mg	70mg	105mg	105mg	70mg	105mg	70mg	105mg	70mg	105mg	105mg
	70mg	105mg	70mg	105mg	70mg	105mg	70mg	105mg	70mg	105mg	70mg	105mg	70mg	105mg
	70mg	105mg	70mg	70mg	70mg	105mg	105mg	70mg	105mg	105ng	70mg	70mg	105mg	105mg
	70mg	70mg	70mg	105mg	70mg	70mg	105mg	70mg	70mg	70mg	105mg	70mg	70mg	105mg
	70mg	70mg	70mg	105mg	70mg	70mg	70mg	70mg	70mg	105mg	70mg	70mg	70mg	70mg

↑ **1 ½** TABLET LINE ↑

## GAMANIL SHEET TWO

<b>Start line for 70mg  (1 tablet)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	70mg	70mg	70mg	70mg	70mg	70mg	70mg	70mg	70mg	70mg	70mg	70mg	70mg	70mg
	35mg	70mg	70mg	35mg	70mg	70mg	70mg	35mg	70mg	70mg	35mg	70mg	70mg	70mg
	35mg	70mg	35mg	70mg	35mg	70mg	70mg	35mg	70mg	35mg	70mg	35mg	70mg	70mg
	35mg	70mg	35mg	70mg	35mg	70mg	35mg	70mg	35mg	70mg	35mg	70mg	35mg	70mg
	35mg	70mg	35mg	35mg	35mg	70mg	70mg	35mg	70mg	35mg	35mg	35mg	70mg	70mg
	35mg	35mg	35mg	70mg	35mg	35mg	70mg	35mg	35mg	35mg	70mg	35mg	35mg	70mg
	35mg	35mg	35mg	70mg	35mg	35mg	35mg	35mg	35mg	70mg	35mg	35mg	35mg	35mg

↑ 1 TABLET LINE ↑

<b>Start line for 35mg  (½ tablet)</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	35mg	35mg	35mg	35mg	35mg	35mg	35mg	35mg	35mg	35mg	35mg	35mg	35mg	35mg
	0mg	35mg	35mg	0mg	35mg	35mg	35mg	0mg	35mg	35mg	0mg	35mg	35mg	35mg
	0mg	35mg	0mg	35mg	0mg	35mg	35mg	0mg	35mg	0mg	35mg	0mg	35mg	35mg
	0mg	35mg	0mg	35mg	0mg	35mg	0mg	35mg	0mg	35mg	0mg	35mg	0mg	35mg
	0mg	35mg	0mg	0mg	0mg	35mg	35mg	0mg	35mg	35mg	0mg	0mg	35mg	35mg
	0mg	0mg	0mg	35mg	0mg	0mg	35mg	0mg	0mg	0mg	35mg	0mg	0mg	35mg
	0mg	0mg	0mg	35mg	0mg	0mg	0mg	0mg	0mg	35mg	0mg	0mg	0mg	0mg

↑ ½ TABLET LINE ↑

**KEEP THIS CHART WITH MEDICATION  
CITA HELP LINE TELEPHONE NO. 0151 932 0102**

**Basic Dose: 70mg = 1 tablet**

## TRAZODONE - MOLIPAXIN

Start line for 150mg of tablets	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
	3	3	3	2	3	3	3	3	3	3	2	3	3	3
	2	3	3	2	3	3	3	2	3	3	2	3	3	3
	2	3	2	3	2	3	3	2	3	2	3	2	3	3
	2	3	2	3	2	3	2	3	2	3	2	3	2	3
	2	3	2	2	2	3	3	2	3	2	2	2	3	3
	2	2	2	3	2	2	3	2	2	2	3	2	2	3
	2	2	2	3	2	2	2	2	2	3	2	2	2	2

Start line for 100mg of Capsules	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	2	2	2	1	2	2	2	2	2	2	1	2	2	2
	1	2	2	1	2	2	2	1	2	2	1	2	2	2
	2	1	2	1	2	1	2	2	1	2	1	2	1	2
	1	2	1	2	1	2	1	1	2	1	2	1	2	1
	1	1	2	1	2	1	1	1	1	2	1	2	1	1
	1	1	1	2	1	1	1	1	1	1	2	1	1	1

Start line for 50mg Of Capsules	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	1	1	1	0	1	1	1	1	1	1	0	1	1	1
	0	1	1	1	0	1	1	0	1	1	1	0	1	1
	1	0	1	0	1	0	1	1	0	1	0	1	0	1
	0	1	0	1	0	1	0	0	1	0	1	0	1	0
	0	0	1	0	0	1	0	0	0	1	0	0	1	0

**KEEP THIS CHART WITH MEDICATION**  
**CITA HELP LINE TELEPHONE NO. 0151 932 0102**

**Dosage: 150mg tablet: 50mg and 100mg capsules**  
**Also in liquid form 50mg = 5ml liquid (see following page)**

**Above numbers refer to number of tablets**

## TRAZADONE LIQUID – WITHDRAWAL METHOD

ONE 50mg TABLET IS EQUAL TO 5ml OF TRAZODONE

PLEASE LET YOUR DOCTOR KNOW BEFORE STARTING THE WITHDRAWAL

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
1	5ml	5ml	5ml	5ml	5ml	4ml	5ml	5ml	5ml	4ml	5ml	5ml	4ml	5ml
3	5ml	4ml	5ml	4ml	5ml	4ml	5ml	4ml	5ml	4ml	5ml	4ml	4ml	5ml
5	5ml	4ml	4ml	5ml	4ml	4ml	4ml	5ml	4ml	4ml	4ml	4ml	4ml	4ml
7	4ml	4ml	4ml	4ml	4ml	4ml	4ml	4ml	4ml	3ml	4ml	4ml	4ml	4ml
9	4ml	3ml	4ml	4ml	3ml	4ml	4ml	3ml	4ml	3ml	4ml	4ml	3ml	4ml
11	3ml	4ml	3ml	4ml	3ml	3ml	4ml	4ml	3ml	3ml	4ml	3ml	3ml	3ml
13	3ml	3ml	4ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml	3ml
15	3ml	3ml	2ml	3ml	3ml	3ml	3ml	3ml	2ml	3ml	3ml	2ml	3ml	3ml
17	3ml	2ml	3ml	2ml	3ml	2ml	3ml	3ml	2ml	2ml	3ml	2ml	2ml	3ml
19	3ml	2ml	2ml	3ml	2ml	2ml	2ml	3ml	2ml	2ml	2ml	2ml	2ml	2ml
21	2ml	2ml	2ml	2ml	2ml	2ml	2ml	2ml	2ml	1ml	2ml	2ml	2ml	2ml
23	2ml	1ml	2ml	2ml	1ml	2ml	2ml	2ml	1ml	2ml	1ml	2ml	1ml	2ml
25	2ml	1ml	1ml	2ml	2ml	1ml	1ml	2ml	1ml	1ml	1ml	1ml	1ml	2ml
27	1ml	1ml	1ml	1ml	2ml	1ml	1ml	1ml	1ml	1ml	1ml	1ml	1ml	1ml
29	1ml	1ml	Nil	1ml	1ml	1ml	1ml	1ml	Nil	1ml	1ml	Nil	1ml	1ml
31	1ml	Nil	1ml	Nil	1ml	Nil	1ml	1ml	Nil	1ml	Nil	Nil	1ml	Nil
33	1ml	Nil	Nil	1ml	Nil	Nil	Nil	1ml	Nil	Nil	Nil	Nil	Nil	Nil
35	Nil	Nil	Nil	Nil	Nil	Nil	Nil							

## PHENELZINE / NARDIL

EACH TABLET = 15MGS

### 45mgs (3 x 15mgs)

<b>Week 1</b>	3	3	3	3	3	3	2	<b>Week 2</b>	3	3	3	2	3	3	2
<b>Week 3</b>	3	2	3	2	3	3	2	<b>Week 4</b>	3	2	3	2	2	3	2
<b>Week 5</b>	2	2	3	2	2	3	2	<b>Week 6</b>	2	2	2	2	2	3	2
<b>Week 7</b>	2	2	2	2	2	2	2								

### 30mgs (2 x 15mgs)

<b>Week 8</b>	2	2	2	2	2	2	1	<b>Week 9</b>	2	2	2	1	2	2	1
<b>Week 10</b>	2	1	2	1	2	2	1	<b>Week 11</b>	2	1	2	1	1	2	1
<b>Week 12</b>	1	1	2	1	1	2	1	<b>Week 13</b>	1	1	1	1	1	2	1
<b>Week 14</b>	1	1	1	1	1	1	1								

### 15mgs (1 x 15mgs)

<b>Week 15</b>	1	1	1	1	1	1	0	<b>Week 16</b>	1	1	1	0	1	1	0
<b>Week 10</b>	0	1	0	1	0	1	1	<b>Week 11</b>	0	1	0	1	0	0	1
<b>Week 12</b>	0	1	0	1	0	0	0	<b>Week 13</b>	1	0	0	0	0	0	1
<b>Week 14</b>	0	0	0	0	0	0	0								

## CIPRAMIL LIQUID REDUCTION CHART

Dosage 40mgs of Citalopram per 1ml of liquid

20mgs of Citalopram per 0.5ml of liquid

Reduction by 0.1ml every fortnight

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Weeks 1 and 2 take	0.5ml of liquid
Weeks 3 and 4 take	0.4ml of liquid
Weeks 5 and 6 take	0.3ml of liquid
Weeks 7 and 8 take	0.2ml of liquid
Weeks 9 and 10 take	0.1ml of liquid
Weeks 11 and 12 take	0.05ml of liquid
Week 13	stop

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It is possible to continue with St Johns Wort at this point. It is best to have no gap between the last dose of Citalopram and St Johns Wort.

Most research on St Johns Wort has been carried out on the 'Kira' made sold at Boots. Speak to the pharmacist about interactions with any other drugs you are on. Start with one a day dose. After 4 weeks on St Johns Wort the makers of Kira have advised that clients who have been on SSRIs or SNRIs will need at least 2 Kira tablets per day. It is important not to go straight onto 2 tablets dose but to start at 1 tablet a day dose.

The highest dose recommended by the makers of Kira is 3 tablets per day. Do not go on this dose unless you have been on St Johns Wort for at least 2 months.

## SURMONTIL (TRIMIPRAMINE) – SHEET ONE

<b>Start line for 200mg</b>	<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	<b>1</b>	<b>200mg</b>	<b>200mg</b>	<b>200mg</b>	<b>200mg</b>	<b>200mg</b>	<b>200mg</b>	<b>200mg</b>
	<b>2</b>	<b>200mg</b>	<b>175mg</b>	<b>200mg</b>	<b>200mg</b>	<b>175mg</b>	<b>200mg</b>	<b>200mg</b>
	<b>3</b>	<b>200mg</b>	<b>175mg</b>	<b>200mg</b>	<b>175mg</b>	<b>200mg</b>	<b>175mg</b>	<b>200mg</b>
	<b>4</b>	<b>175mg</b>	<b>200mg</b>	<b>175mg</b>	<b>175mg</b>	<b>200mg</b>	<b>175mg</b>	<b>200mg</b>
	<b>5</b>	<b>175mg</b>	<b>200mg</b>	<b>175mg</b>	<b>175mg</b>	<b>175mg</b>	<b>200mg</b>	<b>175mg</b>
	<b>6</b>	<b>175mg</b>	<b>200mg</b>	<b>175mg</b>	<b>175mg</b>	<b>175mg</b>	<b>175mg</b>	<b>175mg</b>

<b>Start line for 175mg</b>	<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	<b>1</b>	<b>175mg</b>	<b>175mg</b>	<b>175mg</b>	<b>175mg</b>	<b>175mg</b>	<b>175mg</b>	<b>175mg</b>
	<b>2</b>	<b>175mg</b>	<b>150mg</b>	<b>175mg</b>	<b>175mg</b>	<b>150mg</b>	<b>175mg</b>	<b>175mg</b>
	<b>3</b>	<b>175mg</b>	<b>150mg</b>	<b>175mg</b>	<b>150mg</b>	<b>175mg</b>	<b>150mg</b>	<b>175mg</b>
	<b>4</b>	<b>150mg</b>	<b>175mg</b>	<b>150mg</b>	<b>150mg</b>	<b>175mg</b>	<b>150mg</b>	<b>175mg</b>
	<b>5</b>	<b>150mg</b>	<b>175mg</b>	<b>150mg</b>	<b>150mg</b>	<b>150mg</b>	<b>175mg</b>	<b>150mg</b>
	<b>6</b>	<b>150mg</b>	<b>150mg</b>	<b>150mg</b>	<b>150mg</b>	<b>150mg</b>	<b>150mg</b>	<b>150mg</b>

<b>Start line for 150mg</b>	<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	<b>1</b>	<b>150mg</b>	<b>150mg</b>	<b>150mg</b>	<b>150mg</b>	<b>150mg</b>	<b>150mg</b>	<b>150mg</b>
	<b>2</b>	<b>150mg</b>	<b>125mg</b>	<b>150mg</b>	<b>150mg</b>	<b>125mg</b>	<b>150mg</b>	<b>150mg</b>
	<b>3</b>	<b>150mg</b>	<b>125mg</b>	<b>150mg</b>	<b>125mg</b>	<b>150mg</b>	<b>125mg</b>	<b>150mg</b>
	<b>4</b>	<b>125mg</b>	<b>150mg</b>	<b>125mg</b>	<b>125mg</b>	<b>150mg</b>	<b>125mg</b>	<b>150mg</b>
	<b>5</b>	<b>125mg</b>	<b>150mg</b>	<b>125mg</b>	<b>125mg</b>	<b>125mg</b>	<b>150mg</b>	<b>125mg</b>
	<b>6</b>	<b>125mg</b>	<b>125mg</b>	<b>125mg</b>	<b>125mg</b>	<b>125mg</b>	<b>125mg</b>	<b>125mg</b>

Surmontil is available in 10mg and 25mg tablets and in 50mg as a capsule.

**CITA HELP LINE TELEPHONE NO. 0151 932 0102**

**SURMONTIL (TRIMIPRAMINE) – SHEET TWO**

<b>Start line for 125mg</b>	<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	<b>1</b>	<b>125mg</b>	<b>125mg</b>	<b>125mg</b>	<b>125mg</b>	<b>125mg</b>	<b>125mg</b>	<b>125mg</b>
	<b>2</b>	<b>125mg</b>	<b>100mg</b>	<b>125mg</b>	<b>125mg</b>	<b>100mg</b>	<b>125mg</b>	<b>125mg</b>
	<b>3</b>	<b>125mg</b>	<b>100mg</b>	<b>125mg</b>	<b>100mg</b>	<b>125mg</b>	<b>100mg</b>	<b>125mg</b>
	<b>4</b>	<b>100mg</b>	<b>125mg</b>	<b>100mg</b>	<b>100mg</b>	<b>125mg</b>	<b>100mg</b>	<b>125mg</b>
	<b>5</b>	<b>100mg</b>	<b>125mg</b>	<b>100mg</b>	<b>100mg</b>	<b>100mg</b>	<b>125mg</b>	<b>100mg</b>
	<b>6</b>	<b>100mg</b>	<b>125mg</b>	<b>100mg</b>	<b>100mg</b>	<b>100mg</b>	<b>100mg</b>	<b>100mg</b>

<b>Start line for 100mg</b>	<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	<b>1</b>	<b>100mg</b>	<b>100mg</b>	<b>100mg</b>	<b>100mg</b>	<b>100mg</b>	<b>100mg</b>	<b>100mg</b>
	<b>2</b>	<b>100mg</b>	<b>75mg</b>	<b>100mg</b>	<b>100mg</b>	<b>75mg</b>	<b>100mg</b>	<b>100mg</b>
	<b>3</b>	<b>100mg</b>	<b>75mg</b>	<b>100mg</b>	<b>75mg</b>	<b>100mg</b>	<b>75mg</b>	<b>100mg</b>
	<b>4</b>	<b>75mg</b>	<b>100mg</b>	<b>75mg</b>	<b>75mg</b>	<b>100mg</b>	<b>75mg</b>	<b>100mg</b>
	<b>5</b>	<b>75mg</b>	<b>100mg</b>	<b>75mg</b>	<b>75mg</b>	<b>75mg</b>	<b>100mg</b>	<b>75mg</b>
	<b>6</b>	<b>75mg</b>	<b>100mg</b>	<b>75mg</b>	<b>75mg</b>	<b>75mg</b>	<b>75mg</b>	<b>75mg</b>

<b>Start line for 75mg</b>	<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	<b>1</b>	<b>75mg</b>	<b>75mg</b>	<b>75mg</b>	<b>75mg</b>	<b>75mg</b>	<b>75mg</b>	<b>75mg</b>
	<b>2</b>	<b>75mg</b>	<b>50mg</b>	<b>75mg</b>	<b>75mg</b>	<b>50mg</b>	<b>75mg</b>	<b>75mg</b>
	<b>3</b>	<b>75mg</b>	<b>50mg</b>	<b>75mg</b>	<b>50mg</b>	<b>75mg</b>	<b>50mg</b>	<b>75mg</b>
	<b>4</b>	<b>50mg</b>	<b>75mg</b>	<b>50mg</b>	<b>50mg</b>	<b>75mg</b>	<b>50mg</b>	<b>75mg</b>
	<b>5</b>	<b>50mg</b>	<b>75mg</b>	<b>50mg</b>	<b>50mg</b>	<b>50mg</b>	<b>75mg</b>	<b>50mg</b>
	<b>6</b>	<b>50mg</b>	<b>75mg</b>	<b>50mg</b>	<b>50mg</b>	<b>50mg</b>	<b>50mg</b>	<b>50mg</b>

**SURMONTIL (TRIMIPRAMINE) – SHEET THREE**

<b>Start line for 50mg</b>	<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	<b>1</b>	<b>50mg</b>	<b>50mg</b>	<b>50mg</b>	<b>50mg</b>	<b>50mg</b>	<b>50mg</b>	<b>50mg</b>
	<b>2</b>	<b>50mg</b>	<b>25mg</b>	<b>50mg</b>	<b>50mg</b>	<b>25mg</b>	<b>50mg</b>	<b>50mg</b>
	<b>3</b>	<b>50mg</b>	<b>25mg</b>	<b>50mg</b>	<b>25mg</b>	<b>50mg</b>	<b>25mg</b>	<b>50mg</b>
	<b>4</b>	<b>25mg</b>	<b>50mg</b>	<b>25mg</b>	<b>25mg</b>	<b>50mg</b>	<b>25mg</b>	<b>50mg</b>
	<b>5</b>	<b>25mg</b>	<b>50mg</b>	<b>25mg</b>	<b>25mg</b>	<b>25mg</b>	<b>50mg</b>	<b>25mg</b>
	<b>6</b>	<b>25mg</b>	<b>50mg</b>	<b>25mg</b>	<b>25mg</b>	<b>25mg</b>	<b>25mg</b>	<b>25mg</b>

<b>Start line for 25mg</b>	<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	<b>1</b>	<b>25mg</b>	<b>25mg</b>	<b>25mg</b>	<b>25mg</b>	<b>25mg</b>	<b>25mg</b>	<b>25mg</b>
	<b>2</b>	<b>25mg</b>	<b>10mg</b>	<b>25mg</b>	<b>25mg</b>	<b>10mg</b>	<b>25mg</b>	<b>25mg</b>
	<b>3</b>	<b>25mg</b>	<b>10mg</b>	<b>25mg</b>	<b>10mg</b>	<b>25mg</b>	<b>10mg</b>	<b>25mg</b>
	<b>4</b>	<b>10mg</b>	<b>25mg</b>	<b>10mg</b>	<b>10mg</b>	<b>25mg</b>	<b>10mg</b>	<b>25mg</b>
	<b>5</b>	<b>10mg</b>	<b>25mg</b>	<b>10mg</b>	<b>10mg</b>	<b>10mg</b>	<b>25mg</b>	<b>10mg</b>
	<b>6</b>	<b>10mg</b>	<b>25mg</b>	<b>10mg</b>	<b>10mg</b>	<b>10mg</b>	<b>10mg</b>	<b>10mg</b>

<b>Start line for 10mg</b>	<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	<b>1</b>	<b>10mg</b>	<b>10mg</b>	<b>10mg</b>	<b>10mg</b>	<b>10mg</b>	<b>10mg</b>	<b>10mg</b>
	<b>2</b>	<b>10mg</b>	<b>0mg</b>	<b>10mg</b>	<b>10mg</b>	<b>0mg</b>	<b>10mg</b>	<b>10mg</b>
	<b>3</b>	<b>10mg</b>	<b>0mg</b>	<b>10mg</b>	<b>0mg</b>	<b>10mg</b>	<b>0mg</b>	<b>10mg</b>
	<b>4</b>	<b>0mg</b>	<b>10mg</b>	<b>0mg</b>	<b>0mg</b>	<b>10mg</b>	<b>0mg</b>	<b>10mg</b>
	<b>5</b>	<b>0mg</b>	<b>10mg</b>	<b>0mg</b>	<b>0mg</b>	<b>0mg</b>	<b>10mg</b>	<b>0mg</b>
	<b>6</b>	<b>0mg</b>	<b>10mg</b>	<b>0mg</b>	<b>0mg</b>	<b>0mg</b>	<b>0mg</b>	<b>0mg</b>

Surmontil is available in 10mg and 25mg tablets and in 50mg as a capsule.

CITA HELP LINE TELEPHONE NO. 0151 932 0102

**DOTHIEPIN (PROTHIADEN, DOSULEPIN)**

<b>Start line for 75mg</b>	<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	1	75mg	75mg	75mg	75mg	75mg	75mg	75mg
	2	75mg	50mg	75mg	75mg	50mg	75mg	75mg
	3	75mg	50mg	75mg	50mg	75mg	50mg	75mg
	4	50mg	75mg	50mg	50mg	75mg	50mg	75mg
	5	50mg	75mg	50mg	50mg	50mg	75mg	50mg
	6	50mg	75mg	50mg	50mg	50mg	50mg	50mg
	7	50mg	50mg	50mg	50mg	50mg	50mg	50mg

<b>Start line for 50mg</b>	<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	1	50mg	50mg	50mg	50mg	50mg	50mg	50mg
	2	50mg	25mg	50mg	50mg	25mg	50mg	50mg
	3	50mg	25mg	50mg	25mg	50mg	25mg	50mg
	4	25mg	50mg	25mg	25mg	50mg	25mg	50mg
	5	25mg	50mg	25mg	25mg	25mg	50mg	25mg
	6	25mg	50mg	25mg	25mg	25mg	25mg	25mg
	7	25mg	25mg	25mg	25mg	25mg	25mg	25mg

<b>Start line for 25mg</b>	<b>WEEK</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
	1	25mg	25mg	25mg	25mg	25mg	25mg	25mg
	2	25mg	0mg	25mg	25mg	0mg	25mg	25mg
	3	25mg	0mg	25mg	0mg	25mg	0mg	25mg
	4	0mg	25mg	0mg	0mg	25mg	0mg	25mg
	5	0mg	25mg	0mg	0mg	0mg	25mg	0mg
	6	0mg	25mg	0mg	0mg	0mg	0mg	0mg
	7	0mg	0mg	0mg	0mg	0mg	0mg	0mg

**CITA HELP LINE TELEPHONE NO. 0151 932 0102**

## **ANAFRANIL - 40mgs**

Reduce on one day of the week to 30mgs. Stay on 40mgs on all other days.

The following week reduce on two days to 30mgs but not on two days together.

Reduce the following week on 3 days to 30mgs keeping the days apart.

Keep going like this until you are on 30mgs on each day.

Then start the same process of reduction from 30mgs to 20mgs.

Getting from each dose down to the next dose on 7 days can take 7 weeks but don't worry if you feel you need to spend an extra week at any particular dose – it is your well-being which matters.

Using this method your reduction down to 0mgs will take at least 28 weeks and it is very gentle.

Drink plenty of water while you are reducing (at least a litre per day). Eat little and often to maintain blood sugar levels. These drugs raise blood sugar levels and it is when they drop that symptoms may get worse.