

Example of Outpatient Alcohol Detox Regimen Using Librium

(For a blank version of this table you can use for a detox regiment with a different drug,

see http://www.carlataddictiontreatment.com/sites/default/files/CATR_Supplement-Outpatient-Alcohol-Detox-Regimen-Table.pdf)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
6:00 am	25, 25	25, 25	25, 25	25, 25	25	25	25 three times daily	25 twice daily	25 once daily	25 once every few days until discontinued
12:00 pm	25, 25	25, 25	25	25	25	25				
6:00 pm	25, 25	25, 25	25, 25	25	25	25				
12:00 am	25, 25	25, 25	25, 25	25, 25	25, 25	25				

Notes: "25" refers to 25 mg Librium.

"Day 1" etc. are illustrative and may need adjusting in patients who cannot tolerate this rapid a taper rate.