

### Tips for Benzodiazepine Tapers

<b>Go slow</b>	The entire taper may take a year or more.
<b>Educate</b>	Make it very clear to the patient that they are not going to feel good when you drop the dose.
<b>Be available</b>	Be available by phone and return calls within 24 hours.
<b>Give control</b>	As far as possible, let the patient have some control over what's happening.
<b>Provide a backup PRN dose</b>	Dispense a few extra tabs (eg, 5) each month that the patient can use as needed for intolerable symptoms.

From the Expert Q&A:  
"How to Come Off a Psych Med Part 2: Antidepressants, Stimulants, and Benzos "  
with **Swapnil Gupta, MD**  
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