

Alternate Schedule 2: Slow, gentle withdrawal from 40 mg

daily diazepam (Valium). (Follow this schedule to complete Schedule 1)

Daily Dosage			
Stage 1	1 week:	40 mg	✓
Stage 2	1 week:	39 mg	
Stage 3	1 week:	38 mg	
Stage 4	1 week:	37 mg	
Stage 5	1 week:	36 mg	
Stage 6	1 week:	35 mg	
Stage 7	1 week:	34 mg	
Stage 8	1 week:	33 mg	
Stage 9	1 week:	32 mg	
Stage 10	1 week:	31 mg	
Stage 11	1 week:	30 mg	
Stage 12	1 week:	29 mg	
Stage 13	1 week:	28 mg	
Stage 14	1 week:	27 mg	
Stage 15	1 week:	26 mg	
Stage 16	1 week:	25 mg	
Stage 17	1 week:	24 mg	
Stage 18	1 week:	23 mg	
Stage 19	1 weeks:	22 mg	
Stage 20	1 weeks:	21 mg	
Stage 21	2 weeks:	20 mg	
Stage 22	2 weeks:	19 mg	
Stage 23	2 weeks:	18 mg	
Stage 24	2 weeks:	17 mg	
Stage 25	2 weeks:	16 mg	
Stage 26	2 weeks:	15 mg	
Stage 27	2 weeks:	14 mg	
Stage 28	2 weeks:	13 mg	
Stage 29	2 weeks:	12 mg	
Stage 30	2 weeks:	11 mg	
Stage 31	2 weeks:	10 mg	
Stage 32	2 weeks:	9 mg	
Stage 33	2 weeks:	8.5 mg	
Stage 34	2 weeks:	8 mg	
Stage 35	2 weeks:	7.5 mg	
Stage 36	2 weeks:	7 mg	

Daily Dosage			
Stage 37	2 weeks:	7 mg	
Stage 38	2 weeks:	6.5 mg	
Stage 39	2 weeks:	6 mg	
Stage 40	2 weeks:	5.5 mg	
Stage 41	2 weeks:	5 mg	
Stage 42	2 weeks:	4.75 mg	
Stage 43	2 weeks:	4.5 mg	
Stage 44	2 weeks:	4.25 mg	
Stage 45	2 weeks:	4 mg	
Stage 46	2 weeks:	3.75 mg	
Stage 47	2 weeks:	3.5 mg	
Stage 48	2 weeks:	3.25 mg	
Stage 49	2 weeks:	3 mg	
Stage 50	2 weeks:	2.75 mg	
Stage 51	2 weeks:	2.5 mg	
Stage 52	2 weeks:	2.25 mg	
Stage 53	2 weeks:	2 mg	
Stage 54	2 weeks:	1.75 mg	
Stage 55	2 weeks:	1.5 mg	
Stage 56	2 weeks:	1.25 mg	
Stage 57	2 weeks:	1 mg	
Stage 58	2 weeks:	0.75 mg	
Stage 59	2 weeks:	0.5 mg	
Stage 60	2 weeks:	0.25 mg	

Based upon:

- 1.) From 40 down to 20, 2 mg cuts every two weeks, 1 mg less per week
- 2.) From 20 down to 10, 1 mg cuts every two weeks
- 3.) From 10 down to 5, 0.5 mg cuts. every two weeks
- 4.) From 5 onward, 0.25 mg cuts until finished

Scored 10mg, 5mg, and 2mg diazepam tablets will be needed to obtain the required dosages, cut with a razor