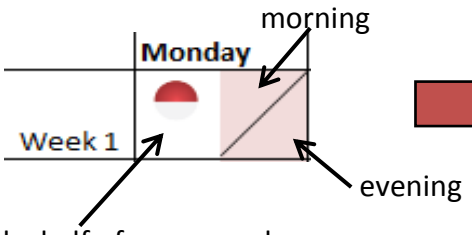
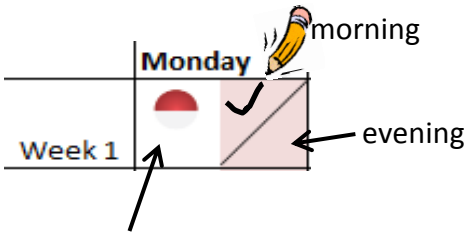
Twice Daily Dosing Benzodiazepine Taper - 16 Weeks
EMPOWER Study

Patient Name:	Weeks 1-4: disp 42 tablets Weeks 5-8: disp 26 tablets Weeks 9-12: disp 22 tablets
Patient Medication:	Weeks 13-16: disp 10 tablets Total : # 100 tablets needed

Instructions:



Take half of my normal dose in the morning and half of my normal dose in the evening on Monday during Week 1.



I took half of my normal dose in the morning but forgot to take half of my normal dose in the evening (leave box empty) on Monday during Week 1.

Full Dose	Half Dose	Quarter Dose	No Dose

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1-4 42 tabs	Half	Full	Full	Full	Half	Full	Full
Week 2	Half	Full	Full	Full	Half	Full	Full
Week 3	Half	Full	Half	Half	Full	Half	Half
Week 4	Half	Full	Half	Half	Full	Half	Half
Week 5-8 26 tabs	Half	Half	Half	Half	Half	Half	Half
Week 6	Half	Half	Half	Half	Half	Half	Half
Week 7	Half	Quarter	Half	Half	Quarter	Half	Half
Week 8	Half	Quarter	Half	Half	Quarter	Half	Half
Week 9-12 22 tabs	Half	Quarter	Half	Quarter	Half	Quarter	Half
Week 10	Half	Quarter	Half	Quarter	Half	Quarter	Half
Week 11	Quarter	Quarter	Half	Quarter	Quarter	Half	Quarter
Week 12	Quarter	Quarter	Half	Quarter	Quarter	Half	Quarter
Week 13-16 10 tabs	Quarter	Quarter	Quarter	Quarter	Quarter	Quarter	Quarter
Week 14	Quarter	Quarter	Quarter	Quarter	Quarter	Quarter	Quarter
Week 15	No Dose	Quarter	No Dose	No Dose	Quarter	No Dose	Quarter
Week 16	No Dose	Quarter	No Dose	No Dose	Quarter	No Dose	Quarter