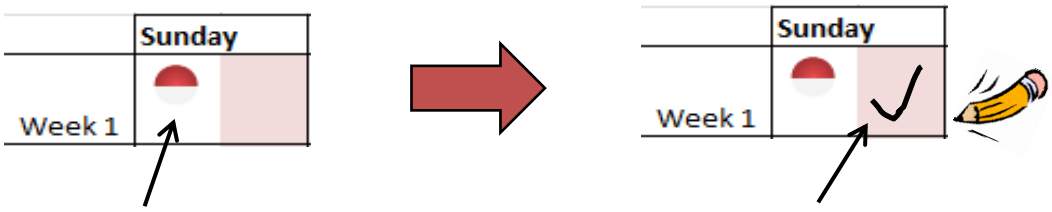
Once Daily Dosing Benzodiazepine Taper - 16 Weeks
EMPOWER Study

Patient Name:	Weeks 1-4: disp 21 tabs Weeks 5-8: disp 13 tablets Weeks 9-12: disp 11 tablets
Patient Medication:	Weeks 13-16: disp 5 tablets Total 16 weeks: # 50 tablets needed

Instructions:



Take half of my normal dose on Monday during Week 1

I took half of my normal dose on Monday during Week 1

Full Dose **Half Dose** **Quarter Dose** **No Dose**

Full Dose | Half Dose | Quarter Dose | No Dose

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1-4 21 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 13 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 11 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 5 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