

### Dosage Equivalency

use this to derive any given dosage amount from 5 mg and 2mg tablets

Dosage	5 mg	2 mg	✓
20 mg	4	0	
19.5 mg	3.5	1	
19 mg	3	2	
18.5 mg	3.5	0.5	
18 mg	3	1.5	
17.5 mg	3.5	0	
17 mg	3	1	
16.5 mg	2.5	2	
16 mg	2	3	
15.5 mg	1.5	4	
15 mg	3	0	
14.5 mg	2.5	1	
14 mg	2	2	
13.5 mg	2.5	0.5	
13 mg	2	1.5	
12.5 mg	2.5	0	
12 mg	2	1	
11.5 mg	1.5	2	
11 mg	2	0.5	
10.5 mg	1.5	1.5	
10 mg	2	0	
9.75 mg	1.25	1.75	
9.5 mg	1.5	1	
9.25 mg	1.25	1.5	
9 mg	1	2	
8.75 mg	1.25	1.25	
8.5 mg	1.5	0.5	
8.25 mg	1.25	1	
8 mg	0	4	
7.75 mg	1.25	0.75	

Dosage	5 mg	2 mg	✓
7.5 mg	1.5	0	
7.25 mg	1.25	0.5	
7 mg	1	1	
6.75 mg	0.75	1.5	
6.5 mg	0.5	2	
6.25 mg	1.25	0	
6 mg	0	3	
5.75 mg	0.25	2.25	
5.5 mg	0.5	1.5	
5.25 mg	0.75	0.75	
5 mg	1	0	
4.75 mg	0.75	0.5	
4.5 mg	0.5	1	
4.25 mg	0.25	1.5	
4 mg	0	2	
3.75 mg	0.75	0	
3.5 mg	0.5	0.5	
3.25 mg	0.25	1	
3 mg	0	1.5	
2.75 mg	0.25	0.75	
2.5 mg	0.5	0	
2.25 mg	0.25	0.5	
2 mg	0	1	
1.75 mg	0.25	0.25	
1.5 mg	0	0.75	
1.25 mg	0.25	0	
1 mg	0	0.5	
0.75 mg	0	0.375	
0.5 mg	0	0.25	
0.25 mg	0	0.125	

### Dosage Equivalency

use this to derive any given dosage amount from 5 mg and 2mg tablets

Dosage	5 mg	2 mg	✓
20 mg	4	0	
19.5 mg	3.5	1	
19 mg	3	2	
18.5 mg	3.5	0.5	
18 mg	3	1.5	
17.5 mg	3.5	0	
17 mg	3	1	
16.5 mg	2.5	2	
16 mg	2	3	
15.5 mg	1.5	4	
15 mg	3	0	
14.5 mg	2.5	1	
14 mg	2	2	
13.5 mg	2.5	0.5	
13 mg	2	1.5	
12.5 mg	2.5	0	
12 mg	2	1	
11.5 mg	1.5	2	
11 mg	2	0.5	
10.5 mg	1.5	1.5	
10 mg	2	0	
9.75 mg	1.25	1.75	
9.5 mg	1.5	1	
9.25 mg	1.25	1.5	
9 mg	1	2	
8.75 mg	1.25	1.25	
8.5 mg	1.5	0.5	
8.25 mg	1.25	1	
8 mg	0	4	
7.75 mg	1.25	0.75	

Dosage	5 mg	2 mg	✓
7.5 mg	1.5	0	
7.25 mg	1.25	0.5	
7 mg	1	1	
6.75 mg	0.75	1.5	
6.5 mg	0.5	2	
6.25 mg	1.25	0	
6 mg	0	3	
5.75 mg	0.25	2.25	
5.5 mg	0.5	1.5	
5.25 mg	0.75	0.75	
5 mg	1	0	
4.75 mg	0.75	0.5	
4.5 mg	0.5	1	
4.25 mg	0.25	1.5	
4 mg	0	2	
3.75 mg	0.75	0	
3.5 mg	0.5	0.5	
3.25 mg	0.25	1	
3 mg	0	1.5	
2.75 mg	0.25	0.75	
2.5 mg	0.5	0	
2.25 mg	0.25	0.5	
2 mg	0	1	
1.75 mg	0.25	0.25	
1.5 mg	0	0.75	
1.25 mg	0.25	0	
1 mg	0	0.5	
0.75 mg	0	0.375	
0.5 mg	0	0.25	
0.25 mg	0	0.125	

### Dosage Quantity

use this to determine how many of each tablet will need to be prescribed for a week's doses

Dosage	5 mg	2 mg	✓
20 mg	28	0	
19.5 mg	25	7	
19 mg	21	14	
18.5 mg	25	4	
18 mg	21	11	
17.5 mg	25	0	
17 mg	21	7	
16.5 mg	18	14	
16 mg	14	21	
15.5 mg	11	28	
15 mg	21	0	
14.5 mg	18	7	
14 mg	14	14	
13.5 mg	18	4	
13 mg	14	11	
12.5 mg	18	0	
12 mg	14	7	
11.5 mg	11	14	
11 mg	14	4	
10.5 mg	11	11	
10 mg	14	0	
9.75 mg	9	12	
9.5 mg	11	7	
9.25 mg	9	11	
9 mg	7	14	
8.75 mg	9	9	
8.5 mg	11	4	
8.25 mg	9	7	
8 mg	0	28	
7.75 mg	9	5	

Dosage	5 mg	2 mg	✓
7.5 mg	11	0	
7.25 mg	9	4	
7 mg	7	7	
6.75 mg	5	11	
6.5 mg	4	14	
6.25 mg	9	0	
6 mg	0	21	
5.75 mg	2	16	
5.5 mg	4	11	
5.25 mg	5	5	
5 mg	7	0	
4.75 mg	5	4	
4.5 mg	4	7	
4.25 mg	2	11	
4 mg	0	14	
3.75 mg	5	0	
3.5 mg	4	4	
3.25 mg	2	7	
3 mg	0	11	
2.75 mg	2	5	
2.5 mg	4	0	
2.25 mg	2	4	
2 mg	0	7	
1.75 mg	2	2	
1.5 mg	0	5	
1.25 mg	2	0	
1 mg	0	4	
0.75 mg	0	3	
0.5 mg	0	2	
0.25 mg	0	1	

### Dosage Quantity

use this to determine how many of each tablet will need to be prescribed for a week's doses

Dosage	5 mg	2 mg	✓
20 mg	28	0	
19.5 mg	25	7	
19 mg	21	14	
18.5 mg	25	4	
18 mg	21	11	
17.5 mg	25	0	
17 mg	21	7	
16.5 mg	18	14	
16 mg	14	21	
15.5 mg	11	28	
15 mg	21	0	
14.5 mg	18	7	
14 mg	14	14	
13.5 mg	18	4	
13 mg	14	11	
12.5 mg	18	0	
12 mg	14	7	
11.5 mg	11	14	
11 mg	14	4	
10.5 mg	11	11	
10 mg	14	0	
9.75 mg	9	12	
9.5 mg	11	7	
9.25 mg	9	11	
9 mg	7	14	
8.75 mg	9	9	
8.5 mg	11	4	
8.25 mg	9	7	
8 mg	0	28	
7.75 mg	9	5	

Dosage	5 mg	2 mg	✓
7.5 mg	11	0	
7.25 mg	9	4	
7 mg	7	7	
6.75 mg	5	11	
6.5 mg	4	14	
6.25 mg	9	0	
6 mg	0	21	
5.75 mg	2	16	
5.5 mg	4	11	
5.25 mg	5	5	
5 mg	7	0	
4.75 mg	5	4	
4.5 mg	4	7	
4.25 mg	2	11	
4 mg	0	14	
3.75 mg	5	0	
3.5 mg	4	4	
3.25 mg	2	7	
3 mg	0	11	
2.75 mg	2	5	
2.5 mg	4	0	
2.25 mg	2	4	
2 mg	0	7	
1.75 mg	2	2	
1.5 mg	0	5	
1.25 mg	2	0	
1 mg	0	4	
0.75 mg	0	3	
0.5 mg	0	2	
0.25 mg	0	1	

**Alternate Schedule 2a**

slow, gentle withdrawal from 40 mg daily  
diazepam (Valium)

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

	Duration	Dosage	✓
31	2 weeks	10 mg	
32	2 weeks	9 mg	
33	2 weeks	8.5 mg	
34	2 weeks	8 mg	
35	2 weeks	7.5 mg	
36	2 weeks	7 mg	
37	2 weeks	6.5 mg	
38	2 weeks	6 mg	
39	2 weeks	5.5 mg	
40	2 weeks	5 mg	
41	2 weeks	4.75 mg	
42	2 weeks	4.5 mg	
43	2 weeks	4.25 mg	
44	2 weeks	4 mg	
45	2 weeks	3.75 mg	
46	2 weeks	3.5 mg	
47	2 weeks	3.25 mg	
48	2 weeks	3 mg	
49	2 weeks	2.75 mg	
50	2 weeks	2.5 mg	
51	2 weeks	2.25 mg	
52	2 weeks	2 mg	
53	2 weeks	1.75 mg	
54	2 weeks	1.5 mg	
55	2 weeks	1.25 mg	
56	2 weeks	1 mg	
57	2 weeks	0.75 mg	
58	2 weeks	0.5 mg	
59	2 weeks	0.25 mg	
60	2 weeks	0.125 mg	

**Alternate Schedule 2a**

slow, gentle withdrawal from 40 mg daily  
diazepam (Valium)

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

	Duration	Dosage	✓
31	2 weeks	10 mg	
32	2 weeks	9 mg	
33	2 weeks	8.5 mg	
34	2 weeks	8 mg	
35	2 weeks	7.5 mg	
36	2 weeks	7 mg	
37	2 weeks	6.5 mg	
38	2 weeks	6 mg	
39	2 weeks	5.5 mg	
40	2 weeks	5 mg	
41	2 weeks	4.75 mg	
42	2 weeks	4.5 mg	
43	2 weeks	4.25 mg	
44	2 weeks	4 mg	
45	2 weeks	3.75 mg	
46	2 weeks	3.5 mg	
47	2 weeks	3.25 mg	
48	2 weeks	3 mg	
49	2 weeks	2.75 mg	
50	2 weeks	2.5 mg	
51	2 weeks	2.25 mg	
52	2 weeks	2 mg	
53	2 weeks	1.75 mg	
54	2 weeks	1.5 mg	
55	2 weeks	1.25 mg	
56	2 weeks	1 mg	
57	2 weeks	0.75 mg	
58	2 weeks	0.5 mg	
59	2 weeks	0.25 mg	
60	2 weeks	0.125 mg	

**Alternate Schedule 2b**

expanded coverage of 20 mg down,  
showing 5 mg and 2 mg components

	Duration	Dosage	5 mg	2 mg	✓
21	1 week	20 mg	4	0	
22	1 week	19.5 mg	3.5	1	
23	1 week	19 mg	3	2	
24	1 week	18.5 mg	3.5	0.5	
25	1 week	18 mg	3	1.5	
26	1 week	17.5 mg	3.5	0	
27	1 week	17 mg	3	1	
28	1 week	16.5 mg	2.5	2	
29	1 week	16 mg	2	3	
30	1 week	15.5 mg	1.5	4	
31	1 week	15 mg	3	0	
32	1 week	14.5 mg	2.5	1	
33	1 week	14 mg	2	2	
34	1 week	13.5 mg	2.5	0.5	
35	1 week	13 mg	2	1.5	
36	1 week	12.5 mg	2.5	0	
37	1 week	12 mg	2	1	
38	1 week	11.5 mg	1.5	2	
39	1 week	11 mg	2	0.5	
40	1 week	10.5 mg	1.5	1.5	
41	1 week	10 mg	2	0	
42	1 week	9.75 mg	1.25	1.75	
43	1 week	9.5 mg	1.5	1	
44	1 week	9.25 mg	1.25	1.5	
45	1 week	9 mg	1	2	
46	1 week	8.75 mg	1.25	1.25	
47	1 week	8.5 mg	1.5	0.5	
48	1 week	8.25 mg	1.25	1	
49	1 week	8 mg	0	4	
50	1 week	7.75 mg	1.25	0.75	

	Duration	Dosage	5 mg	2 mg	✓
51	1 week	7.5 mg	1.5	0	
52	1 week	7.25 mg	1.25	0.5	
53	1 week	7 mg	1	1	
54	1 week	6.75 mg	0.75	1.5	
55	1 week	6.5 mg	0.5	2	
56	1 week	6.25 mg	1.25	0	
57	1 week	6 mg	0	3	
58	1 week	5.75 mg	0.25	2.25	
59	1 week	5.5 mg	0.5	1.5	
60	1 week	5.25 mg	0.75	0.75	
61	1 week	5 mg	1	0	
62	2 weeks	4.75 mg	0.75	0.5	
63	2 weeks	4.5 mg	0.5	1	
64	2 weeks	4.25 mg	0.25	1.5	
65	2 weeks	4 mg	0	2	
66	2 weeks	3.75 mg	0.75	0	
67	2 weeks	3.5 mg	0.5	0.5	
68	2 weeks	3.25 mg	0.25	1	
69	2 weeks	3 mg	0	1.5	
70	2 weeks	2.75 mg	0.25	0.75	
71	2 weeks	2.5 mg	0.5	0	
72	2 weeks	2.25 mg	0.25	0.5	
73	2 weeks	2 mg	0	1	
74	2 weeks	1.75 mg	0.25	0.25	
75	2 weeks	1.5 mg	0	0.75	
76	2 weeks	1.25 mg	0.25	0	
77	2 weeks	1 mg	0	0.5	
78	2 weeks	0.75 mg	0	0.375	
79	2 weeks	0.5 mg	0	0.25	
80	2 weeks	0.25 mg	0	0.125	

**Alternate Schedule 2b**

expanded coverage of 20 mg down,  
showing 5 mg and 2 mg components

	Duration	Dosage	5 mg	2 mg	✓
21	1 week	20 mg	4	0	
22	1 week	19.5 mg	3.5	1	
23	1 week	19 mg	3	2	
24	1 week	18.5 mg	3.5	0.5	
25	1 week	18 mg	3	1.5	
26	1 week	17.5 mg	3.5	0	
27	1 week	17 mg	3	1	
28	1 week	16.5 mg	2.5	2	
29	1 week	16 mg	2	3	
30	1 week	15.5 mg	1.5	4	
31	1 week	15 mg	3	0	
32	1 week	14.5 mg	2.5	1	
33	1 week	14 mg	2	2	
34	1 week	13.5 mg	2.5	0.5	
35	1 week	13 mg	2	1.5	
36	1 week	12.5 mg	2.5	0	
37	1 week	12 mg	2	1	
38	1 week	11.5 mg	1.5	2	
39	1 week	11 mg	2	0.5	
40	1 week	10.5 mg	1.5	1.5	
41	1 week	10 mg	2	0	
42	1 week	9.75 mg	1.25	1.75	
43	1 week	9.5 mg	1.5	1	
44	1 week	9.25 mg	1.25	1.5	
45	1 week	9 mg	1	2	
46	1 week	8.75 mg	1.25	1.25	
47	1 week	8.5 mg	1.5	0.5	
48	1 week	8.25 mg	1.25	1	
49	1 week	8 mg	0	4	
50	1 week	7.75 mg	1.25	0.75	

	Duration	Dosage	5 mg	2 mg	✓
51	1 week	7.5 mg	1.5	0	
52	1 week	7.25 mg	1.25	0.5	
53	1 week	7 mg	1	1	
54	1 week	6.75 mg	0.75	1.5	
55	1 week	6.5 mg	0.5	2	
56	1 week	6.25 mg	1.25	0	
57	1 week	6 mg	0	3	
58	1 week	5.75 mg	0.25	2.25	
59	1 week	5.5 mg	0.5	1.5	
60	1 week	5.25 mg	0.75	0.75	
61	1 week	5 mg	1	0	
62	2 weeks	4.75 mg	0.75	0.5	
63	2 weeks	4.5 mg	0.5	1	
64	2 weeks	4.25 mg	0.25	1.5	
65	2 weeks	4 mg	0	2	
66	2 weeks	3.75 mg	0.75	0	
67	2 weeks	3.5 mg	0.5	0.5	
68	2 weeks	3.25 mg	0.25	1	
69	2 weeks	3 mg	0	1.5	
70	2 weeks	2.75 mg	0.25	0.75	
71	2 weeks	2.5 mg	0.5	0	
72	2 weeks	2.25 mg	0.25	0.5	
73	2 weeks	2 mg	0	1	
74	2 weeks	1.75 mg	0.25	0.25	
75	2 weeks	1.5 mg	0	0.75	
76	2 weeks	1.25 mg	0.25	0	
77	2 weeks	1 mg	0	0.5	
78	2 weeks	0.75 mg	0	0.375	
79	2 weeks	0.5 mg	0	0.25	
80	2 weeks	0.25 mg	0	0.125	

**Alternate Schedule 3**

incremental withdrawal from 1 mg  
daily diazepam (Valium) using liquid  
dilution over 60 days

day	dose	liquid bzd	amount	✓
1	1.000	29.000		
2	0.967	28.033	0.033	
3	0.934	27.099	0.032	
4	0.903	26.196	0.031	
5	0.873	25.322	0.030	
6	0.844	24.478	0.029	
7	0.816	23.662	0.028	
8	0.789	22.874	0.027	
9	0.762	22.111	0.026	
10	0.737	21.374	0.025	
11	0.712	20.662	0.025	
12	0.689	19.973	0.024	
13	0.666	19.307	0.023	
14	0.644	18.664	0.022	
15	0.622	18.401	0.021	
16	0.601	17.440	0.021	
17	0.581	16.859	0.020	
18	0.562	16.297	0.019	
19	0.543	15.754	0.019	
20	0.525	15.228	0.018	
21	0.508	14.721	0.018	
22	0.491	14.230	0.017	
23	0.474	13.756	0.016	
24	0.459	13.297	0.016	
25	0.443	12.854	0.015	
26	0.428	12.426	0.015	
27	0.414	12.011	0.014	
28	0.400	11.611	0.014	
29	0.387	11.224	0.013	
30	0.375	10.850	0.013	

day	dose	liquid bzd	amount	✓
31	0.362	10.488	0.012	
32	0.350	10.139	0.012	
33	0.338	9.801	0.012	
34	0.327	9.474	0.011	
35	0.316	9.158	0.011	
36	0.305	8.853	0.011	
37	0.295	8.558	0.010	
38	0.285	8.273	0.010	
39	0.276	7.997	0.010	
40	0.267	7.730	0.009	
41	0.258	7.473	0.009	
42	0.249	7.223	0.009	
43	0.241	6.983	0.008	
44	0.233	6.750	0.008	
45	0.225	6.525	0.008	
46	0.217	6.307	0.007	
47	0.210	6.097	0.007	
48	0.203	5.894	0.007	
49	0.196	5.697	0.007	
50	0.190	5.508	0.007	
51	0.184	5.324	0.006	
52	0.177	5.146	0.006	
53	0.172	4.975	0.006	
54	0.166	4.809	0.006	
55	0.160	4.649	0.006	
56	0.155	4.494	0.005	
57	0.150	4.344	0.005	
58	0.145	4.199	0.005	
59	0.140	4.059	0.005	
60	0.135	3.924	0.005	

**Alternate Schedule 3**

incremental withdrawal from 1 mg  
daily diazepam (Valium) using liquid  
dilution over 60 days

day	dose	liquid bzd	amount	✓
1	1.000	29.000		
2	0.967	28.033	0.033	
3	0.934	27.099	0.032	
4	0.903	26.196	0.031	
5	0.873	25.322	0.030	
6	0.844	24.478	0.029	
7	0.816	23.662	0.028	
8	0.789	22.874	0.027	
9	0.762	22.111	0.026	
10	0.737	21.374	0.025	
11	0.712	20.662	0.025	
12	0.689	19.973	0.024	
13	0.666	19.307	0.023	
14	0.644	18.664	0.022	
15	0.622	18.401	0.021	
16	0.601	17.440	0.021	
17	0.581	16.859	0.020	
18	0.562	16.297	0.019	
19	0.543	15.754	0.019	
20	0.525	15.228	0.018	
21	0.508	14.721	0.018	
22	0.491	14.230	0.017	
23	0.474	13.756	0.016	
24	0.459	13.297	0.016	
25	0.443	12.854	0.015	
26	0.428	12.426	0.015	
27	0.414	12.011	0.014	
28	0.400	11.611	0.014	
29	0.387	11.224	0.013	
30	0.375	10.850	0.013	

day	dose	liquid bzd	amount	✓
31	0.362	10.488	0.012	
32	0.350	10.139	0.012	
33	0.338	9.801	0.012	
34	0.327	9.474	0.011	
35	0.316	9.158	0.011	
36	0.305	8.853	0.011	
37	0.295	8.558	0.010	
38	0.285	8.273	0.010	
39	0.276	7.997	0.010	
40	0.267	7.730	0.009	
41	0.258	7.473	0.009	
42	0.249	7.223	0.009	
43	0.241	6.983	0.008	
44	0.233	6.750	0.008	
45	0.225	6.525	0.008	
46	0.217	6.307	0.007	
47	0.210	6.097	0.007	
48	0.203	5.894	0.007	
49	0.196	5.697	0.007	
50	0.190	5.508	0.007	
51	0.184	5.324	0.006	
52	0.177	5.146	0.006	
53	0.172	4.975	0.006	
54	0.166	4.809	0.006	
55	0.160	4.649	0.006	
56	0.155	4.494	0.005	
57	0.150	4.344	0.005	
58	0.145	4.199	0.005	
59	0.140	4.059	0.005	
60	0.135	3.924	0.005	