

Schedule 8. Withdrawal from lorazepam (Ativan) 3mg daily with diazepam (Valium) substitution. (3mg lorazepam is approximately equivalent to 30mg diazepam)

	Morning	Midday/Afternoon	Evening/Night	Daily Diazepam Equivalent
Starting dosage	lorazepam 1 mg	lorazepam 1 mg	lorazepam 1 mg	30mg
Stage 1 (1 week)	lorazepam 1 mg	lorazepam 1 mg	lorazepam 0.5mg diazepam 5mg	30mg
Stage 2 (1 week)	lorazepam 0.5mg diazepam 5mg	lorazepam 1 mg	lorazepam 0.5mg diazepam 5mg	30mg
Stage 3 (1 week)	lorazepam 0.5mg diazepam 5mg	lorazepam 0.5mg diazepam 5mg	lorazepam 0.5mg diazepam 5mg	30mg
Stage 4 (1 week)	lorazepam 0.5mg diazepam 5mg	lorazepam 0.5mg diazepam 5mg	Stop lorazepam diazepam 10mg	30mg
Stage 5 (1 week)	Stop lorazepam diazepam 10mg	lorazepam 0.5mg diazepam 5mg	diazepam 10mg	30mg
Stage 6 (1 week)	diazepam 10mg	Stop lorazepam diazepam 10mg	diazepam 10mg	30mg
Stage 7 (1-2 weeks)	diazepam 10mg	diazepam 8mg	diazepam 10mg	28mg
Stage 8 (1-2 weeks)	diazepam 8mg	diazepam 8mg	diazepam 10mg	26mg
Stage 9 (1-2 weeks)	diazepam 8mg	diazepam 6mg	diazepam 10mg	24mg
Stage 10 (1-2 weeks)	diazepam 6mg	diazepam 6mg	diazepam 10mg	22mg
Stage 11 (1-2 weeks)	diazepam 6mg	diazepam 4mg	diazepam 10mg	20mg
Stage 12 (1-2 weeks)	diazepam 6mg	diazepam 2mg	diazepam 10mg	18mg
Stage 13 (1-2 weeks)	diazepam 6mg	Stop diazepam	diazepam 10mg	16mg
Stage 14 (1-2 weeks)	diazepam 5mg	--	diazepam 10mg	15mg
Stage 15 (1-2 weeks)	diazepam 4mg	--	diazepam 10mg	14mg
Stage 16 (1-2 weeks)	diazepam 3mg	--	diazepam 10mg	13mg
Stage 17 (1-2 weeks)	diazepam 2mg	--	diazepam 10mg	12mg
Stage 18 (1-2 weeks)	diazepam 1mg	--	diazepam 10mg	11mg
Stage 19 (1-2 weeks)	Stop diazepam	--	diazepam 10mg	10mg
Continue reducing night time diazepam by 1 mg every 1-2 weeks (See Schedule 3, Stage 26)				