

Schedule 4. Withdrawal from nitrazepam (Mogadon) 10mg at night with diazepam (Valium) substitution. (Nitrazepam is approximately the same strength as diazepam)

	<b>Bed-time dose</b>
Starting dosage	nitrazepam 10mg
Stage 1 (1 week)	nitrazepam 5mg diazepam 5mg
Stage 2 (1 week)	Stop nitrazepam diazepam 10mg
Stage 3 (1-2 weeks)	diazepam 9mg
Stage 4 (1-2 weeks)	diazepam 8mg
Stage 5 (1-2 weeks)	diazepam 7mg
Stage 6 (1-2 weeks)	diazepam 6mg
Stage 7 (1-2 weeks)	diazepam 5mg
Stage 8 (1-2 weeks)	diazepam 4mg
Stage 9 (1-2 weeks)	diazepam 3mg
Stage 10 (1-2 weeks)	diazepam 2mg
Stage 11 (1-2 weeks)	diazepam 1mg
Stage 12	Stop diazepam

Schedule 4 Notes:

- If you are taking more than 10mg nitrazepam, replace each 5mg nitrazepam, one at a time, with 5mg diazepam, then reduce the diazepam in 1mg or 2mg stages.
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