

Schedule 2. Simple withdrawal from diazepam (Valium) 40mg daily
(follow this schedule to complete [Schedule 1](#))

	Morning	Night	Total Daily Dosage
Starting dosage	diazepam 20mg	diazepam 20mg	40mg
Stage 1 (1-2 weeks)	diazepam 18mg	diazepam 20mg	38mg
Stage 2 (1-2 weeks)	diazepam 18mg	diazepam 18mg	36mg
Stage 3 (1-2 weeks)	diazepam 16mg	diazepam 18mg	34mg
Stage 4 (1-2 weeks)	diazepam 16mg	diazepam 16mg	32mg
Stage 5 (1-2 weeks)	diazepam 14mg	diazepam 16mg	30mg
Stage 6 (1-2 weeks)	diazepam 14mg	diazepam 14mg	28mg
Stage 7 (1-2 weeks)	diazepam 12mg	diazepam 14mg	26mg
Stage 8 (1-2 weeks)	diazepam 12mg	diazepam 12mg	24mg
Stage 9 (1-2 weeks)	diazepam 10mg	diazepam 12mg	22mg
Stage 10 (1-2 weeks)	diazepam 10mg	diazepam 10mg	20mg
Stage 11 (1-2 weeks)	diazepam 8mg	diazepam 10mg	18mg
Stage 12 (1-2 weeks)	diazepam 8mg	diazepam 8mg	16mg
Stage 13 (1-2 weeks)	diazepam 6mg	diazepam 8mg	14mg
Stage 14 (1-2 weeks)	diazepam 5mg	diazepam 8mg	13mg
Stage 15 (1-2 weeks)	diazepam 4mg	diazepam 8mg	12mg
Stage 16 (1-2 weeks)	diazepam 3mg	diazepam 8mg	11mg
Stage 17 (1-2 weeks)	diazepam 2mg	diazepam 8mg	10mg
Stage 18 (1-2 weeks)	diazepam 1mg	diazepam 8mg	9mg
Stage 19 (1-2 weeks)	--	diazepam 8mg	8mg
Stage 20 (1-2 weeks)	--	diazepam 7mg	7mg
Stage 21 (1-2 weeks)	--	diazepam 6mg	6mg
Stage 22 (1-2 weeks)	--	diazepam 5mg	5mg
Stage 23 (1-2 weeks)	--	diazepam 4mg	4mg
Stage 24 (1-2 weeks)	--	diazepam 3mg	3mg
Stage 25 (1-2 weeks)	--	diazepam 2mg	2mg
Stage 26 (1-2 weeks)	--	diazepam 1mg	1mg

Schedule 2 Notes:

1. You could probably manage Stages 1-5 (or even Stages 1-10) in weekly intervals (but take 2 weeks between stages if you prefer).
2. The later stages are probably better taken in 2 week intervals.
3. When you get down to a dose of 5mg daily, you could begin to decrease in 0.5mg doses, but most people manage with 1mg reductions.
4. You will need to utilise a mixture of 10mg, 5mg, and 2mg diazepam tablets to obtain the required dosages. Halve the (scored) 2mg tablet to obtain 1mg doses.
5. If your starting dose is 20mg diazepam daily, you could begin at Stage 10, but in this case you could reduce by 1mg every 2 weeks.
6. If starting from [Schedule 1](#) (alprazolam 6mg daily) continue your reduction using this schedule.

