

# Instruction for MIRTAZAPINE (Remeron)

Please ensure you have the correct prescription and order form in front of you. There are several different order forms for Antidepressants (38), Anti-psychotics (39), Sedatives (27), Anti-epileptics (13), Hormones (1) & Analgetics (4).

## PLEASE READ CAREFULLY BEFORE FILLING IN THE PRESCRIPTION AND ORDER FORM

1. A sudden termination of treatment with mirtazapine or a sudden reduction in dosage can lead to significant withdrawal symptoms. To avoid this, the intake dose should be reduced in small steps gradually over a period of time. This can be done using tapering strips™.
2. One or more tapering strips™ can be used to gradually reduce the dose of mirtazapine to a desired lower dose or to zero. If more than one strip is needed the final dose of the previous strip is always equal to the starting dose of the following strip. This has to be done for every intake moment if there are more than 1 intake a day.
3. The treating physician (psychiatrist or general practitioner) should plan the tapering schedule together with the patient. It is not possible to predict the perfect schedule for each patient. Some patients are far more sensitive to withdrawal symptoms than others, and some patients cope with symptoms better than others. The risk of withdrawal symptoms and their intensity can be reduced by choosing a more gradual tapering schedule. There are two options when choosing a tapering schedule:
  - 1) **Variable** - Choose a tapering schedule for the first 28 days only, then use the patient's experiences and feedback to inform the remainder of the tapering trajectory. To do this only the **black** part of table 4 on page 4 has to be filled in. The experiences of the patient during the first weeks (withdrawal symptoms or not) can then be used to choose the tapering trajectories for the following strip(s) by filling in in the **red** part of the table 5 on page 5.
  - 2) **Fixed** - Choose a tapering schedule for the entire period of the dosage reduction. To do this, fill in both the **black** and (if applicable) the **red** part of table 4 on page 4.
4. Mirtazapine tapering strips™ are only available on prescription. The signed prescription and order form is seen as a valid prescription. After filling in the form, the treating physician should terminate any current prescription for mirtazapine at the local pharmacy.
5. In most countries, the costs of the medication in the tapering strips™ are covered by health insurance. Tapering and stabilisation strips contain medication for a fixed period of 28 days, all strips have the same price. Tapering strip™: € 77.-; Stabilization strip € 38.50 for a period of 28 days; Prices are subject to change, so please check before ordering.
6. Once the prescription/order-form has been received by the Regenboog Apotheek, we will send an invoice. Once we've received the payment, the tapering strip™ will be shipped to the patient's home address. The patient will receive an invoice and explanation by email.
7. A tapering strip™ contains 28 numbered pouches, with each pouch containing several tablets. The number of pills may vary per day. The total dose of the medication reduces over time as the patient takes the pills in each daily pouch.
8. The patient starts their tapering schedule on a Sunday by taking the pills in the first pouch, numbered 028. **By counting down**, the patient finishes four weeks later on a Saturday, by taking the pills in the last pouch, numbered 001. By doing this, the patient can easily keep track of how many doses and days are left.
9. Each pouch of the strip is printed with the sequence number, the colour and strength of each tablet, the total number of tablets and the name of the pharmacy.
10. **STABILIZATION**: A stabilization strip can keep the patient on a fixed dose for a desired period of time. Such stabilization may be necessary if tapering appears to be going too fast for the patient, or the patient does not wish to reduce the dose to zero, but remain at an optimal lower dose. The stabilization strip can be produced at almost any desired dose rounded off to 0,1 mg mirtazapine.
11. In some cases, the patient is currently using a dose that is higher or different from the starting dose of the standard available tapering strips (see table 4 on page 4). These patients can also reduce their dose gradually by using **customized** tapering strips™ for the first part of the taper (see table 4 on page 4).

12. For mirtazapine, the following tapering strips™ are standard available:

| Startdose mirtazapine | Enddose mirtazapine | Tapering period | Name of the strip MRTZ=mirtazapine | Step dose reduction | average dose reduction | average dose reduction |
|-----------------------|---------------------|-----------------|------------------------------------|---------------------|------------------------|------------------------|
| 45mg/dose             | 30mg/dose           | 28 days         | MRTZ 45-30/28days                  | 0,5 mg              | 0,5mg/dose             | 10%/week               |
| 30mg/dose             | 15mg/dose           | 28 days         | MRTZ 30-15/28days                  | 0,5 mg              | 0,5mg/dose             | 15%/week               |
| 15mg/dose             | 10mg/dose           | 28 days         | MRTZ 15-10/28days                  | 0,5 mg              | 0,2mg/dose             | 10%/week               |
| 15mg/dose             | 7,5mg/dose          | 28 days         | MRTZ 15-7,5/28days                 | 0,5 mg              | 0,3mg/dose             | 15%/week               |
| 15mg/dose             | 5mg/dose            | 28 days         | MRTZ 15-5/28days                   | 0,5 mg              | 0,4mg/dose             | 20%/week               |
| 15mg/dose             | zero                | 28 days         | MRTZ 15-0/28days                   | 0,5 mg              | 0,5mg/dose             | 30%/week               |
| 10mg/dose             | 5mg/dose            | 28 days         | MRTZ 10-5/28days                   | 0,5 mg              | 0,2mg/dose             | 15%/week               |
| 7,5mg/dose            | zero                | 28 days         | MRTZ 7,5-0/28days                  | 0,5 mg              | 0,3mg/dose             | 30%/week               |
| 5mg/dose              | zero                | 28 days         | MRTZ 5-0/28days                    | 0,5 mg              | 0,2mg/dose             | 30%/week               |
| stable                | . . .mg/dose        | 28 days         | MRTZ stable                        | 0 mg                | no reduction           | 0%/week                |

The table below shows how many mg of mirtazapine each daily pouch contains.

| Schedule: mirtazapine |           | 45 - 30 | 30 - 15 | 15 - 10 | 15 - 7,5 | 15 - 5 | 15 - 0 | 10 - 5 | 7,5 - 0 | 5 - 2,5 | 5 - 0 | 2,5 - 0 | 0,1 - 0,1 |
|-----------------------|-----------|---------|---------|---------|----------|--------|--------|--------|---------|---------|-------|---------|-----------|
| Sachet No             | dose      | mg      | mg      | mg      | mg       | mg     | mg     | mg     | mg      | mg      | mg    | mg      | mg        |
| sachet 28             | sunday    | 45      | 30      | 15      | 15       | 15     | 15     | 10     | 7,5     | 5       | 5     | 2,5     | 0,1       |
| sachet 27             | monday    | 44      | 29      | 15      | 14,5     | 14,5   | 13,5   | 9,5    | 7       | 4,9     | 4,5   | 2,4     | 0,1       |
| sachet 26             | tuesday   | 43,5    | 28      | 14,5    | 14       | 13,5   | 12     | 9,5    | 6,5     | 4,8     | 4,5   | 2,3     | 0,1       |
| sachet 25             | wednesday | 43      | 27,5    | 14,5    | 14       | 13     | 11     | 9,5    | 6       | 4,7     | 4     | 2,1     | 0,1       |
| sachet 24             | thursday  | 42      | 26,5    | 14      | 13,5     | 12,5   | 10     | 9      | 5,5     | 4,6     | 4     | 2       | 0,1       |
| sachet 23             | friday    | 41,5    | 26      | 14      | 13       | 12     | 9      | 9      | 5       | 4,4     | 3,5   | 1,9     | 0,1       |
| sachet 22             | saturday  | 40,5    | 25      | 13,5    | 13       | 11,5   | 8      | 8,5    | 5       | 4,3     | 3,5   | 1,8     | 0,1       |
| sachet 21             | sunday    | 40      | 24,5    | 13,5    | 12,5     | 11     | 7,5    | 8,5    | 4,5     | 4,2     | 3     | 1,7     | 0,1       |
| sachet 20             | monday    | 39,5    | 24      | 13      | 12       | 10,5   | 6,5    | 8      | 4       | 4,1     | 3     | 1,6     | 0,1       |
| sachet 19             | tuesday   | 39      | 23      | 13      | 12       | 10,5   | 6      | 8      | 4       | 4       | 2,5   | 1,5     | 0,1       |
| sachet 18             | wednesday | 38      | 22,5    | 13      | 11,5     | 10     | 5,5    | 7,5    | 3,5     | 3,9     | 2,5   | 1,4     | 0,1       |
| sachet 17             | thursday  | 37,5    | 22      | 12,5    | 11       | 9,5    | 5      | 7,5    | 3       | 3,8     | 2,5   | 1,3     | 0,1       |
| sachet 16             | friday    | 37      | 21,5    | 12,5    | 11       | 9      | 4,5    | 7,5    | 3       | 3,8     | 2     | 1,2     | 0,1       |
| sachet 15             | saturday  | 36,5    | 21      | 12,5    | 10,5     | 8,5    | 4      | 7      | 2,5     | 3,7     | 2     | 1,1     | 0,1       |
| sachet 14             | sunday    | 36      | 20,5    | 12      | 10,5     | 8,5    | 3,5    | 7      | 2,5     | 3,6     | 2     | 1       | 0,1       |
| sachet 13             | monday    | 35,5    | 20      | 12      | 10       | 8      | 3      | 7      | 2       | 3,5     | 1,5   | 0,9     | 0,1       |
| sachet 12             | tuesday   | 35      | 19,5    | 11,5    | 10       | 8      | 3      | 6,5    | 2       | 3,4     | 1,5   | 0,9     | 0,1       |
| sachet 11             | wednesday | 34,5    | 19      | 11,5    | 9,5      | 7,5    | 2,5    | 6,5    | 1,5     | 3,3     | 1,5   | 0,8     | 0,1       |
| sachet 10             | thursday  | 34      | 18,5    | 11,5    | 9,5      | 7      | 2      | 6,5    | 1,5     | 3,2     | 1     | 0,7     | 0,1       |
| sachet 9              | friday    | 33,5    | 18      | 11      | 9        | 7      | 2      | 6      | 1,5     | 3,1     | 1     | 0,6     | 0,1       |
| sachet 8              | saturday  | 33      | 17,5    | 11      | 9        | 6,5    | 1,5    | 6      | 1       | 3       | 1     | 0,5     | 0,1       |
| sachet 7              | sunday    | 32,5    | 17      | 11      | 8,5      | 6,5    | 1,5    | 6      | 1       | 3       | 0,5   | 0,4     | 0,1       |
| sachet 6              | monday    | 32      | 17      | 11      | 8,5      | 6      | 1      | 5,5    | 1       | 2,9     | 0,5   | 0,4     | 0,1       |
| sachet 5              | tuesday   | 31,5    | 16,5    | 10,5    | 8,5      | 6      | 1      | 5,5    | 0,5     | 2,8     | 0,5   | 0,3     | 0,1       |
| sachet 4              | wednesday | 31      | 16      | 10,5    | 8        | 5,5    | 0,5    | 5,5    | 0,5     | 2,7     | 0,5   | 0,2     | 0,1       |
| sachet 3              | thursday  | 31      | 15,5    | 10,5    | 8        | 5,5    | 0,5    | 5,5    | 0,5     | 2,7     | 0,5   | 0,1     | 0,1       |
| sachet 2              | friday    | 30,5    | 15,5    | 10      | 7,5      | 5      | 0,5    | 5      | 0,5     | 2,6     | 0,5   | 0,1     | 0,1       |
| sachet 1              | saturday  | 30      | 15      | 10      | 7,5      | 5      | 0,5    | 5      | 0,5     | 2,5     | 0,5   | 0,1     | 0,1       |

**IMPORTANT NOTICE: Tapering strips™ are not intended to replace medical care provided by a physician. Careful counselling and monitoring of the patient remains essential during and after treatment with tapering strips.**

Please note: Treatment with the tapering strip™ supports the tapering of medication, reducing withdrawal effects to a minimum. If withdrawal effects do occur, they will be not as intensive or prolonged as during a traditional tapering approach. This will make it easier for the treating physician to recognize a relapse (**such as a** return of depression or anxiety) and to distinguish between relapse or withdrawal effects in good time.

There is a noticeable difference in timing between the occurrence of withdrawal symptoms and relapse. Withdrawal symptoms usually occur shortly or immediately after the start of tapering. Relapse usually occurs at a later stage, often after tapering with mirtazapine has been completed. While withdrawal symptoms become less severe and disappear over time, symptoms as a result of relapse tend to remain and may even get worse.

Should you have any questions or if you require more information, please contact Paul Harder, pharmacist at the Regenboog Apotheek at [tapering@regenboogapotheek.com](mailto:tapering@regenboogapotheek.com) or + 31-(0)6-25072020.

**Instructions for the prescription and order form for tapering strips™**

1. MEDICAL INDICATION: please, mark all the indications applicable to the patient:
  - i. **preventive** reducing the risk of withdrawal symptoms or relapse effects caused by diminishing the dose too quickly.
  - ii. **reduction anxiety** patient is excessively anxious about tapering, for example as a result of comorbid anxiety disorder.
  - iii. **failed attempt** previous attempts to stop or reduce the dose have failed.
  - iv. **distinction** distinguishing between withdrawal symptoms and possible relapse.
  - v. **slow metabolizer** the lowest dose causes a high plasma concentration, increasing the risk of withdrawal effects.
  - vi. **high dose** the patient has used the medication for a period of 6 months at a dose at least 150% of the defined daily dose.
2. Fill in the patient's details.
3. Fill in the details of the treating physician.
4. Fill in the table. Below you can see four examples showing the different ways of filling in the table:

a. **Total reduction**, using **3** tapering strips™: mark **3** boxes  
(schedule 3 x 28 days = 84 days)

| starting dose<br>EXAMPLE | taper<br>duration | STRIP 1<br>28 days                              | STRIP 2<br>28 days                             | STRIP 3<br>28 days                            | STRIP 4<br>28 days                 |
|--------------------------|-------------------|---|--|---|------------------------------------|
| 30 mg/day                | 112 days          | <input type="checkbox"/> EXMPL 30-10            | <input type="checkbox"/> EXMPL 10-5            | <input type="checkbox"/> EXMPL 5-2            | <input type="checkbox"/> EXMPL 2-0 |
|                          | 84 days           | <input checked="" type="checkbox"/> EXMPL 30-10 | <input checked="" type="checkbox"/> EXMPL 10-5 | <input checked="" type="checkbox"/> EXMPL 5-0 |                                    |
|                          | 56 days           | <input type="checkbox"/> EXMPL 30-10            | <input type="checkbox"/> EXMPL 10-0            |   |                                    |

b. **Dose reduction** using **2** tapering strips™: mark **2** boxes  
(schedule 2 x 28 days = 56 days)

| starting dose<br>EXAMPLE | taper<br>duration | STRIP 1<br>28 days                              | STRIP 2<br>28 days                             | STRIP 3<br>28 days                 | STRIP 4<br>28 days                 |
|--------------------------|-------------------|---|--|------------------------------------|------------------------------------|
| 30 mg/day                | 112 days          | <input type="checkbox"/> EXMPL 30-10            | <input type="checkbox"/> EXMPL 10-5            | <input type="checkbox"/> EXMPL 5-2 | <input type="checkbox"/> EXMPL 2-0 |
|                          | 84 days           | <input checked="" type="checkbox"/> EXMPL 30-10 | <input checked="" type="checkbox"/> EXMPL 10-5 | <input type="checkbox"/> EXMPL 5-0 |                                    |
|                          | 56 days           | <input type="checkbox"/> EXMPL 30-10            | <input type="checkbox"/> EXMPL 10-0            |                                    |                                    |

c. **Customized schedule** please mark each box, and fill in the desired start and end dose for each strip.  
Total duration = number of strips x 28 days.

|                               |  |  |
|-------------------------------|--|--|
| <b>CUSTOMIZED</b> 2 x 28 days | <input checked="" type="checkbox"/> EXMPL from <b>60 - 30</b> mg | <input checked="" type="checkbox"/> EXMPL from <b>30 - 10</b> mg |
|-------------------------------|--|--|

d. **Stabilization** to a steady dose: mark the box, and fill in daily dose and number of repeats  
(in this example: 17 mg/day and 2x repeats=> schedule (1 + 2) x 28 days = 84 days)

|                              |   |                  |                  |
|------------------------------|---|------------------|------------------|
| <b>STABILIZATION</b> 28 days | <input checked="" type="checkbox"/> EXMPL stab. | <b>17</b> mg/day | <b>2</b> repeats |
|------------------------------|---|------------------|------------------|

5. Sign the prescription.
6. Fax the prescription to the Regenboog Apotheek: **+31-(0)85-2736129**

**NOTE: Please only fax the order and prescription form.**

Do not fax the instruction sheets.

## Order and prescription form

**R/ Prescription = order form for MIRTAZAPINE tapering strips™** ATC code: N06AX11

- 1a.** Medical indication:  preventive  reduction anxiety  failed attempt  distinction  slow metabolizer  high dose  
**1b.** Duration of mirtazapine use:  <1 year  1-2 years  2-5 years  5-10 years  >10 years

**2.** Full name of patient: .....

Date of birth (dd-mm-yyyy): . . . - . . . - . . . . . gender: M / F

Address: .....

City, postal code and country: .....

E-mail address (**necessary**): .....

Telephone no: .....

**3.** Name of treating physician: .....

Medical registration number: .....

Address: .....

Postal code and country: .....

E-mail address: .....

Telephone no: .....

**4. Please, fill in the table, following the instructions above, use the startdose (mg) of the intakedose !**

Most prescribed Trajects

| Startdose mirtazapine | Tapering period | MRTZ=mirtazapine STRIP 1=28 days      | STRIP 2 28 days                       | STRIP 3 28 days                       | STRIP 4 28 days                       | STRIP 5 28 days                           |
|-----------------------|-----------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---|
| 45 mg/dose            | 112 days        | <input type="checkbox"/> MRTZ 45-30   | <input type="checkbox"/> MRTZ 30-15   | <input type="checkbox"/> MRTZ 15-5    | <input type="checkbox"/> MRTZ 5-0     |   |
|                       | 84 days         | <input type="checkbox"/> MRTZ 45-30   | <input type="checkbox"/> MRTZ 30-15   | <input type="checkbox"/> MRTZ 15-0    |                                       |   |
| 30 mg/dose            | 112 days        | <input type="checkbox"/> MRTZ 30-15   | <input type="checkbox"/> MRTZ 15-7.5  | <input type="checkbox"/> MRTZ 7.5-2.5 | <input type="checkbox"/> MRTZ 2.5-0   |   |
|                       | 84 days         | <input type="checkbox"/> MRTZ 30-15   | <input type="checkbox"/> MRTZ 15-7.5  | <input type="checkbox"/> MRTZ 7.5-0   |                                       |   |
| 15 mg/dose            | 84 days         | <input type="checkbox"/> MRTZ 15-10   | <input type="checkbox"/> MRTZ 10-5    | <input type="checkbox"/> MRTZ 5-0     |                                       |   |
|                       | 84 days         | <input type="checkbox"/> MRTZ 15-7.5  | <input type="checkbox"/> MRTZ 7.5-2.5 | <input type="checkbox"/> MRTZ 2.5-0   |                                       |   |
|                       | 56 days         | <input type="checkbox"/> MRTZ 15-5    | <input type="checkbox"/> MRTZ 5-0     |                                       |                                       |   |
|                       | 28 days         | <input type="checkbox"/> MRTZ 15-0    |                                       |                                       |                                       |   |
| 7.5 mg/dose           | 84 days         | <input type="checkbox"/> MRTZ 7.5-5   | <input type="checkbox"/> MRTZ 5-2.5   | <input type="checkbox"/> MRTZ 2.5-0   |                                       |   |
|                       | 56 days         | <input type="checkbox"/> MRTZ 7.5-2.5 | <input type="checkbox"/> MRTZ 2.5-0   |                                       |                                       |   |
|                       | 28 days         | <input type="checkbox"/> MRTZ 7.5-0   |                                       |                                       |                                       |   |
| <b>customized</b>     | . X 28 days     | <input type="checkbox"/> MRTZ . . . . | <input type="checkbox"/> MRTZ . . . . | <input type="checkbox"/> MRTZ . . . . | <input type="checkbox"/> MRTZ . . . . | <input type="checkbox"/> MRTZ . . . .     |
| <b>stable</b>         | 28 days         | <input type="checkbox"/> MRTZ stable  | . . . mg                              | .. repeats                            | dose round off to 0.1 mg              | <input type="checkbox"/> send immediately |

**COSTS** Tapering and stabilization strips contain medication for a fixed period of 28 days, all strips have the same price. Tapering strip™: € 77.-; Stabilization strip € 38.50 for a period of 28 days; Prices are subject to change.

**5.** Date: \_\_\_\_\_ Stamp of treating physician \_\_\_\_\_

Signature of treating physician: \_\_\_\_\_

Shipping address: Regenboog Apotheek, Antwoordnummer 16500, 4840 WJ BAVEL, The Netherlands

# Order and prescription form

**R/ Prescription = order form for MIRTAZAPINE tapering strips™** ATC code: N06AX11

**1. Continuation Tapering**

**2. Full name of patient:** .....

Date of birth (dd-mm-yyyy): . . . - . . . - . . . . . gender: M / F

Address: .....

.....

City, postal code and country: .....

E-mail address (**necessary**): ..... Telephone no: .....

**3. Name of treating physician:** .....

Medical registration number: .....

Address: .....

Postal code and country: .....

E-mail address: .....

Telephone no: .....

**5. Please, fill in the table, following the instructions above, use the startdose (mg) of the intakedose !**

Most prescribed Trajects

| Startdose<br>mirtazapine | Tapering period | MRTZ=mirtazapine<br>STRIP 1=28 days   | STRIP 2<br>28 days                    | STRIP 3<br>28 days                    | STRIP 4<br>28 days                    | STRIP 5<br>28 days                        |
|--------------------------|-----------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---|
| 45 mg/dose               | 112 days        | <input type="checkbox"/> MRTZ 45-30   | <input type="checkbox"/> MRTZ 30-15   | <input type="checkbox"/> MRTZ 15-5    | <input type="checkbox"/> MRTZ 5-0     |   |
|                          | 84 days         | <input type="checkbox"/> MRTZ 45-30   | <input type="checkbox"/> MRTZ 30-15   | <input type="checkbox"/> MRTZ 15-0    |                                       |   |
| 30 mg/dose               | 112 days        | <input type="checkbox"/> MRTZ 30-15   | <input type="checkbox"/> MRTZ 15-7.5  | <input type="checkbox"/> MRTZ 7.5-2.5 | <input type="checkbox"/> MRTZ 2.5-0   |   |
|                          | 84 days         | <input type="checkbox"/> MRTZ 30-15   | <input type="checkbox"/> MRTZ 15-7.5  | <input type="checkbox"/> MRTZ 7.5-0   |                                       |   |
| 15 mg/dose               | 84 days         | <input type="checkbox"/> MRTZ 15-10   | <input type="checkbox"/> MRTZ 10-5    | <input type="checkbox"/> MRTZ 5-0     |                                       |   |
|                          | 84 days         | <input type="checkbox"/> MRTZ 15-7.5  | <input type="checkbox"/> MRTZ 7.5-2.5 | <input type="checkbox"/> MRTZ 2.5-0   |                                       |   |
|                          | 56 days         | <input type="checkbox"/> MRTZ 15-5    | <input type="checkbox"/> MRTZ 5-0     |                                       |                                       |   |
|                          | 28 days         | <input type="checkbox"/> MRTZ 15-0    |                                       |                                       |                                       |   |
| 7.5 mg/dose              | 84 days         | <input type="checkbox"/> MRTZ 7.5-5   | <input type="checkbox"/> MRTZ 5-2.5   | <input type="checkbox"/> MRTZ 2.5-0   |                                       |   |
|                          | 56 days         | <input type="checkbox"/> MRTZ 7.5-2.5 | <input type="checkbox"/> MRTZ 2.5-0   |                                       |                                       |   |
|                          | 28 days         | <input type="checkbox"/> MRTZ 7.5-0   |                                       |                                       |                                       |   |
| <b>customized</b>        | . X 28 days     | <input type="checkbox"/> MRTZ . . . . | <input type="checkbox"/> MRTZ . . . . | <input type="checkbox"/> MRTZ . . . . | <input type="checkbox"/> MRTZ . . . . | <input type="checkbox"/> MRTZ . . . .     |
| <b>stable</b>            | 28 days         | <input type="checkbox"/> MRTZ stable  | . . . mg                              | .. repeats                            | dose round off to<br>0.1 mg           | <input type="checkbox"/> send immediately |

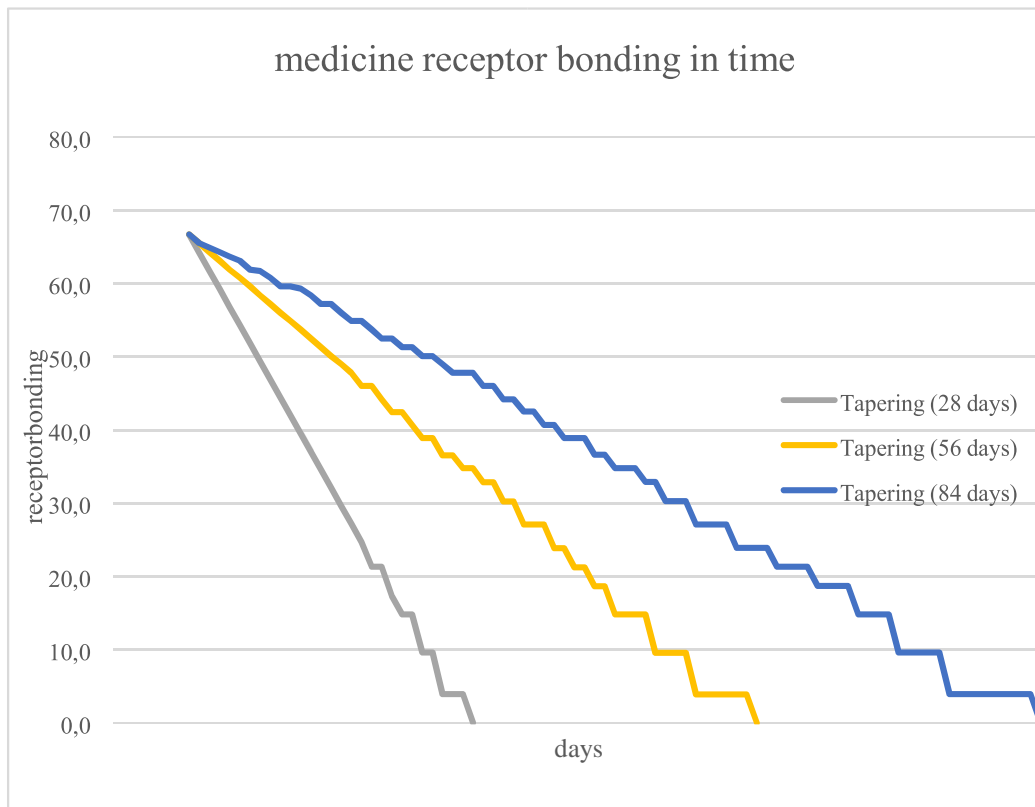
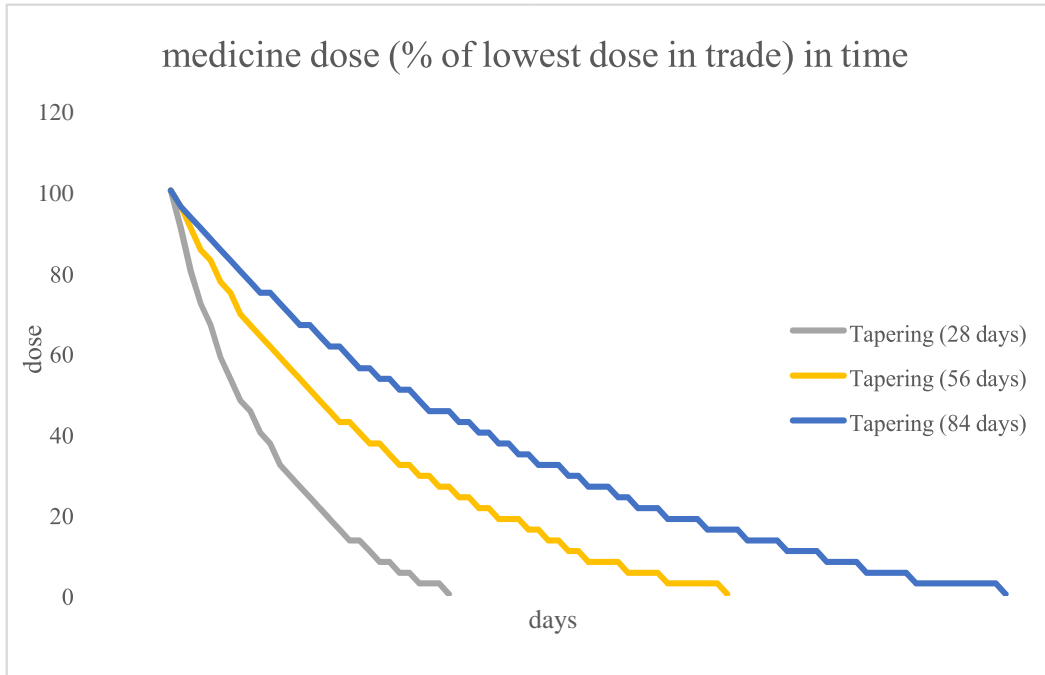
**COSTS** Tapering and stabilization strips contain medication for a fixed period of 28 days, all strips have the same price. Tapering strip™: € 77.-; Stabilization strip € 38.50 for a period of 28 days; Prices are subject to change.

**6. Date:**

Stamp of treating physician

Signature of treating physician:

Shipping address: Regenboog Apotheek, Antwoordnummer 16500, 4840 WJ BAVEL, The Netherlands





I.M.W. de Jong, J.C. van Vliet, apothekers  
Brigidastraat 12, 4854 CT Bavel

Tel: (0161) 437 137  
Fax: (0161) 437 138

KWITANTIE VOOR: DATUM: 12-11-2019

E Example  
Brigidastraat 12  
4854 CT Bavel

| Code/Arts                       | Zi-nr | Omschrijving                 | Materiaal | Tarief | WMG | Bijbetaling | Bedrag | BTW |
|---------------------------------|-------|------------------------------|-----------|--------|-----|-------------|--------|-----|
| Betreft E Example, 31-12-1960/V |       |                              |           |        |     |             |        |     |
| S /SPBUI                        | 1     | ST PAROXETINE 5-OMG TAPERING |           | 77,00  |     |             | 77,00  |     |

Voorschrift van:

H = Huisarts  
S = Specialist  
V = Verloskundige  
T = Tandarts  
HS = Huisarts op advies specialist  
HV = Handverkoop  
P = Psychiater / Neuroloog

Bank NL70RABO039.50.37.697  
KvK 20060757  
BTW NL0087.63.914.B.01

**\*KRB01792\***

| RECEPTNUMMER      | TE BETALEN |
|-------------------|------------|
| 3722099P/KRB01792 | 77,00      |

Algemene Verkoop- en Betalingsvoorwaarden zijn op 1 februari 2009 gedeponereerd bij de Kamer van Koophandel Haaglanden te 's-Gravenhage (HR 40 409 373)



I.M.W. de Jong, J.C. van Vliet, apothekers  
Brigidastraat 12, 4854 CT Bavel

Tel: (0161) 437 137  
Fax: (0161) 437 138

KWITANTIE VOOR: DATUM: 12-11-2019

E Example  
Brigidastraat 12  
4854 CT Bavel

| Code/Arts                       | Zi-nr | Omschrijving                 | Materiaal | Tarief | WMG | Bijbetaling | Bedrag | BTW |
|---------------------------------|-------|------------------------------|-----------|--------|-----|-------------|--------|-----|
| Betreft E Example, 31-12-1960/V |       |                              |           |        |     |             |        |     |
| S /SPBUI                        | 1     | ST PAROXETINE 5-OMG TAPERING |           | 77,00  |     |             | 77,00  |     |

DUPLIKAAT

**\*KRB01792\***

| RECEPTNUMMER      | TE BETALEN |
|-------------------|------------|
| 3722099P/KRB01792 | 77,00      |

Voorschrift van:

H = Huisarts  
S = Specialist  
V = Verloskundige  
T = Tandarts  
HS = Huisarts op advies specialist  
HV = Handverkoop  
P = Psychiater / Neuroloog

Bank NL70RABO039.50.37.697  
KvK 20060757  
BTW NL0087.63.914.B.01

Algemene Verkoop- en Betalingsvoorwaarden zijn op 1 februari 2009 gedeponereerd bij de Kamer van Koophandel Haaglanden te 's-Gravenhage (HR 40 409 373)

# Invoice specification

Taperingstrip™ Paroxetine 5-0/28 contains the following medication:

| <b>invoice specification/Rechnungsangabe/spécification de la facture</b> |                        |             |                 |
|--|------------------------|-------------|-----------------|
| <b>Number of tablets</b>   | <b>Name medication</b> | <b>Dose</b> | <b>ATC Code</b> |
| 1  | paroxetine             | 5,0 mg      | N06AB05         |
| 14   | paroxetine             | 2,0 mg      | N06AB05         |
| 10   | paroxetine             | 1,0 mg      | N06AB05         |
| 12   | paroxetine             | 0,50 mg     | N06AB05         |
| 22   | paroxetine             | 0,20 mg     | N06AB05         |
| 12   | paroxetine             | 0,10 mg     | N06AB05         |

| NR zakje | Schedule                      | mg totaal | Total number of tablets | 5 mg | 2 mg | 1 mg | 0,5 mg | 0,2 mg | 0,1 mg |
|----------|-------------------------------|-----------|-------------------------|------|------|------|--------|--------|--------|
|          | day / Tag / jour              |           |                         |      |      |      |        |        |        |
| 28       | sunday, Sonntag, dimanche     | 5         | 1                       | 1    |      |      |        |        |        |
| 27       | monday, Montag, lundi         | 4,6       | 4                       |      | 2    |      | 1      |        | 1      |
| 26       | tuesday, Dienstag, mardi      | 4,3       | 4                       |      | 2    |      |        | 1      | 1      |
| 25       | wednesday, Mittwoch, mercredi | 4         | 2                       |      | 2    |      |        |        |        |
| 24       | thursday, Donnerstag, jeudi   | 3,7       | 4                       |      | 1    | 1    | 1      | 1      |        |
| 23       | friday, Freitag, vendredi     | 3,4       | 4                       |      | 1    | 1    |        | 2      |        |
| 22       | saturday, Samstag, samedi     | 3,2       | 3                       |      | 1    | 1    |        | 1      |        |
| 21       | sunday, Sonntag, dimanche     | 2,9       | 4                       |      | 1    |      | 1      | 2      |        |
| 20       | monday, Montag, lundi         | 2,7       | 3                       |      | 1    |      | 1      | 1      |        |
| 19       | tuesday, Dienstag, mardi      | 2,5       | 2                       |      | 1    |      | 1      |        |        |
| 18       | wednesday, Mittwoch, mercredi | 2,3       | 3                       |      | 1    |      |        | 1      | 1      |
| 17       | thursday, Donnerstag, jeudi   | 2,1       | 2                       |      | 1    |      |        |        | 1      |
| 16       | friday, Freitag, vendredi     | 1,9       | 4                       |      |      | 1    | 1      | 2      |        |
| 15       | saturday, Samstag, samedi     | 1,8       | 4                       |      |      | 1    | 1      | 1      | 1      |
| 14       | sunday, Sonntag, dimanche     | 1,6       | 3                       |      |      | 1    | 1      |        | 1      |
| 13       | monday, Montag, lundi         | 1,4       | 3                       |      |      | 1    |        | 2      |        |
| 12       | tuesday, Dienstag, mardi      | 1,3       | 3                       |      |      | 1    |        | 1      | 1      |
| 11       | wednesday, Mittwoch, mercredi | 1,1       | 2                       |      |      | 1    |        |        | 1      |
| 10       | thursday, Donnerstag, jeudi   | 1         | 1                       |      |      | 1    |        |        |        |
| 9        | friday, Freitag, vendredi     | 0,9       | 3                       |      |      |      | 1      | 2      |        |
| 8        | saturday, Samstag, samedi     | 0,7       | 2                       |      |      |      | 1      | 1      |        |
| 7        | sunday, Sonntag, dimanche     | 0,6       | 2                       |      |      |      | 1      |        | 1      |
| 6        | monday, Montag, lundi         | 0,5       | 1                       |      |      |      | 1      |        |        |
| 5        | tuesday, Dienstag, mardi      | 0,4       | 2                       |      |      |      |        | 2      |        |
| 4        | wednesday, Mittwoch, mercredi | 0,3       | 2                       |      |      |      |        | 1      | 1      |
| 3        | thursday, Donnerstag, jeudi   | 0,2       | 1                       |      |      |      |        | 1      |        |
| 2        | friday, Freitag, vendredi     | 0,1       | 1                       |      |      |      |        |        | 1      |
| 1        | saturday, Samstag, samedi     | 0,1       | 1                       |      |      |      |        |        | 1      |
|          |                               |           | 71                      | 1    | 14   | 10   | 12     | 22     | 12     |



**NL Vergoeding conform C-120/95 en C-158/96 van het Hof van Justitie van de Europese Gemeenschap (Decker/Kohl arrest)**

De door de arts voorgeschreven farmacotherapeutische behandeling is overeenkomstig het behandelprotocol voor het afbouwen van paroxetine (Seroxat).

De patiënt heeft van de Regenboog Apotheek paroxetine (Seroxat) afbouwmedicatie ontvangen en heeft zijn/haar medicatie geleidelijk afgebouwd volgens schema.

De kosten van de medicatie in Nederland (€ 77,-) staan vermeld op de factuur.

Volgens het Decker/Kohl arrest (C-120/95 en C-158/06) heeft de patiënt recht op vergoeding van de medicatie volgens het in zijn thuisland geldende tarief.

**GB Repayment in accordance with C-120/95 C-158/96 (Decker Kohl judgment) of the Court of Justice of the European Union**

The pharmacotherapy treatment prescribed by the doctor is in compliance with the treatment protocol for medication reduction paroxetine (Seroxat).

The patient received this treatment for medication reduction paroxetine (Seroxat) from pharmacy Regenboog Apotheek and he/she reduced his/her medication according to the schedule.

The cost of the medication in the Netherlands (€ 77,-) is listed on the invoice.

According to the Decker Kohl judgment (C-120/95 and C-158/06), the patient may claim repayment of the medication at the rate applicable to his homeland.

**DE Erstattung nach C-120/95 und C-158/96 (Urteil Decker und Kohl) des Gerichtshofs der Europäischen Union**

Diese vom Arzt verschrieben pharmatherapeutische Behandlung stimmt überein mit dem Behandlungsprotokoll für Medizinabbau paroxetine (Seroxat).

Der Patient/die Patientin erhielt diese Abbaumedikamente paroxetine (Seroxat) vom Regenboog Apotheek und hat seine/ihre Medikamente reduziert nach dem Zeitplan.

Die Kosten für die Medikamente in den Niederlanden (€ 77,-) sind auf der Rechnung aufgeführt.

Nach dem Urteil (C-120/95 und C-158/06, Decker und Kohl) hat der Patient Anspruch auf Erstattung der Medikamente nach dem Kurs in seiner Heimat.

**FR Remboursement conform C-120/95 et C-158/96 (l'arrêt Decker Kohl) de la Cour de justice de l'Union européenne**

Le traitement pharmacothérapeutique prescrit par le médecin est en conformité avec le protocole de traitement pour la réduction médicamenteuse de paroxetine (Seroxat).

Le patient a reçu ce traitement pour la réduction des médicaments paroxetine (Seroxat) de la pharmacie Regenboog Apotheek et a réduit son médicament selon le calendrier.

Le coût des médicaments aux Pays-Bas (€ 77,-) sont répertoriés sur la facture.

Conforme l'arrêt Decker/Kohl (C-120/95, et C-158/06), le patient peut réclamer le remboursement des médicaments selon le taux applicable dans son pays natal.

**ES Reembolso conforme a las sentencias C-120/95 y C-158/96 del Tribunal de Justicia de las Comunidades Europeas (sentencias Decker/Kohl)**

El tratamiento farmacoterapéutico prescrito por el médico cumple con el protocolo de tratamiento para la supresión progresiva de paroxetine (Seroxat).

El paciente ha recogido en la farmacia Regenboog la medicación de supresión progresiva de paroxetine (Seroxat) y ha ido suprimiendo gradualmente la medicación según el esquema previsto.

El coste de la medicación en los Países Bajos (€ 77,-) consta en la factura.

Conforme a las sentencias Decker/Kohl (C-120/95 y C-158/06), el paciente tiene derecho al reembolso de la medicación según la tarifa vigente en su país de origen.

**DK Erstatning ifølge C-120/95 og C-158/96 fra det Europæiske Fællesskabs domstol (Decker/Kohl-dommen)**

Den af lægen ordinerede farmakologiske behandling er i overensstemmelse med behandlingsprotokollen for udfasning af paroxetine (Seroxat).

Patienten har modtaget nedtrappingsmedicin fra Regenboog Apotheek paroxetine (Seroxat) og har gradvist reduceret sin medicin ifølge skemaet.

Prisen på medicinen i Nederlandene (€ 77,-) er oplyst på fakturaen.

Ifølge Decker/Kohl-dommen (C-120/95 og C-158/06) er patienten berettiget til refusion af lægemidlet til den sats, der gælder i hjemlandet.

**PT Reembolso conforme os Processos C-120/95 e C-158/96 do Tribunal de Justiça da Comunidade Europeia (Acórdão Decker/Kohl)**

O tratamento farmacoterapêutico prescrito pelo médico está de acordo com o protocolo de tratamento para a redução de paroxetine (Seroxat).

O doente recebeu medicação de desabitação da Farmácia Regenboog e reduziu gradualmente a medicação, de acordo com o plano.

Os custos do medicamento na Holanda (€ 77,-) estão indicados na fatura.

De acordo com o Acórdão Decker/Kohl (Processos C-120/95 e C-158/06), o doente tem direito ao reembolso do medicamento à taxa aplicável no seu país de origem.

**NO Refusjon i samsvar med den Europeiske Domstolens dom i sak C-120/95 (Decker/Kohl) og C-158/96.**

Den farmakoterapeutiske behandlingen som er foreskrevet av praktiserende lege, samsvarer med behandlingsprotokollen for å redusere bruk av paroxetine (Seroxat). Pasienten har fått paroxetine (Seroxat) for å redusere bruken av dette legemidlet og har gradvis redusert bruken i overensstemmelse med planen. Kostnadene for medikamentene i Nederland (€ 77,-) er angitt på fakturaen. I henhold til Decker/Kohl-dommen (C-120/95 og C-158/06) har pasienten rett til refusjon av kostnadene som gjelder for den medisinske behandling i pasientens hjemland.

**SE Återbetalning enligt C-120/95 och C-158/96 från europadomstolen (Decker/Kohl-dom)**

Den farmakoterapeutiska behandlingen, som föreskrevs av läkaren, motsvarar behandlingsprotokollet för att minska paroxetine (Seroxat). Patienten har fått paroxetine (Seroxat)-medicinering för att minska användningen av detta läkemedel och har gradvis minskat användningen enligt schemat. Kostnaderna för medicinen i Nederländerna (€ 77,-) står på fakturan. I enlighet med Decker/Kohl-domen (C-120/95 sv C-158/06) har patienten rätt till återbetalning av priset för läkemedl.

**FI Korvaus Euroopan yhteisön tuomioistuimen C-120/95 ja C-158/96 mukaan (tuomio Decker/Kohl)**

Lääkäriin määräämä farmakoterapeutinen hoito vastaa hoitomenetelmää tuotteen paroxetine (Seroxat) vähentämiseksi. Potilas on saanut paroxetine (Seroxat)-lääkettä vähentääkseen tämän lääkkeen käyttöä ja vähentänyt käyttöä asteittain aikataulun mukaisesti. Lääkityskustannukset Alankomaissa (€ 77,-) ilmoitetaan laskussa. Decker/Kohl-tuomion (C-120/95 fi C-158/06) mukaan potilaalla on oikeus hänen kotimaassaan sovellettavaan korvaukseen lääkityksen hinnasta. et i enlighet med det pris som tillämpas i hemlandet.

**PO Zwrot kosztów jest zgodny z orzeczeniami Europejskiego Trybunału Sprawiedliwości w sprawach C-120/95 i C-158/96 (wyrokami w sprawach Decker/Kohl).**

Leczenie farmakoterapeutyczne, które zostało przepisane przez lekarza, jest zgodne z protokołem leczenia mającego na celu zmniejszenie dawki leku paroxetine (Seroxat). Pacjent otrzymywał lek paroxetine (Seroxat) w celu ograniczenia stosowania tego leku i stopniowo zmniejszał jego stosowanie zgodnie z harmonogramem. Koszty leku w Holandii (€ 77,-) są podawane na fakturze. Zgodnie z orzeczeniami w sprawach Decker/Kohl (C-120/95 i C-158/06), pacjent ma prawo do zwrotu kosztów leku według taryfy obowiązującej w jego kraju ojczystym.

**IT Rimborso conforme alle sentenze della Corte di Giustizia Europea nei procedimenti C-120/95 e C-158/96 (sentenza Decker/Kohl)**

Il trattamento farmacoterapeutico prescritto dal medico corrisponde al protocollo di trattamento per la riduzione di paroxetine (Seroxat). Il paziente ha ricevuto il farmaco paroxetine (Seroxat) per ridurre l'uso di questo medicinale e ne ha gradualmente ridotto l'uso secondo il programma. I costi del farmaco nei Paesi Bassi ammontanti a (€ 77,-) sono riportati in fattura. In base alle sentenze emesse nei procedimenti Decker/Kohl (C-120/95 e C-158/06), il paziente ha diritto al rimborso dei costi sostenuti per l'acquisto del farmaco nel proprio paese di residenza.

**HU Visszatérítés az Európai Bíróság C-120/95 és a C-158/96 ítélete szerint (Decker/Kohl ítélet)**

A kezelőorvos előírta gyógyszeres kezelés megfelel a/az paroxetine (Seroxat) csökkentését irányszó protokollnak. A páciens megkapta a/az paroxetine (Seroxat) gyógyszert ennek a gyógyszernek a fokozatos csökkentése érdekében, és az ütemterv szerint fokozatosan végezte a csökkentést. Hollandiában a gyógyszer ára fel van tüntetve a számlán (€ 77,-). A Decker/Kohl ítéletnek megfelelően (C-120/95 en C-158/06) a beteg jogosult a gyógyszer árának visszatérítésére a saját országában érvényes díjazás szerint.

**GR Συμμόρφωση αποζημίωσης C-120/95 και C-158/96 από το δικαστήριο της Ευρωπαϊκής Εταιρείας (απόφαση Decker/Kohl)**

Η φαρμακοθεραπευτική θεραπεία που ορίστηκε από τον ιατρό συμφωνεί με το πρωτόκολλο θεραπείας για τη μείωση paroxetine (Seroxat). Ο ασθενής έχει λάβει φαρμακευτική αγωγή paroxetine (Seroxat) για μείωση της χρήσης του φαρμάκου αυτού και έχει μειώσει σταδιακά τη χρήση σύμφωνα με το χρονοδιάγραμμα.

To κόστος της φαρμακευτικής αγωγής στις Κάτω Χώρες (€ 77,-) δημοσιεύεται στο τιμολόγιο. Σύμφωνα με την απόφαση Decker/Kohll (C-120/95 και C-158/06) ο ασθενής δικαιούται επιστροφή εξόδων για την αγορά φαρμάκων σύμφωνα με το τιμολόγιο που ισχύει στη χώρα καταγωγής του.

**EE Hүvіtamine on kooskõlas Euroopa Kohtu otsustega C-120/95 ja C-158/96 (Decker/Kohlli otsused)**

Praktiseeriva arsti välja kirjutatud farmakoterapeutiline ravi vastab vähendamise raviprotokollile paroxetine (Seroxat).

Patsient on saanud paroxetine (Seroxat) ravimeid selle ravimi kasutamise vähendamiseks ja järk-järgult vastavalt ajakavale vähendanud selle kasutamist.

Hollandis (€ 77,-) avaldatakse ravimikulud arvel.

Decker/Kohlli otsuse (C-120/95 ja C-158/06) kohaselt on patsiendil õigus saada ravikuuri eest tema koduriigis kehtivat hüvitist.

**BG Възстановяването на разходите е съгласно решение по дело C-120/95 и C-158/96 на Съда на Европейския съюз (решение по дело Decker/Kohll)**

Фармакотерапевтичното лечение, което е предписано от лекаря съответства на протокола за лечение с намаляване на дозата на paroxetine (Seroxat).

Пациентът е получил paroxetine (Seroxat) с цел намаляване на приема на този медикамент и постепенно е намалил приема съгласно схемата.

Стойността на медикамента в Холандия (€ 77,-) е посочена на фактурата.

Съгласно решението по дело Decker/Kohll (C-120/95 и C-158/06) пациентът има право на възстановяване на разходите за медикамента съгласно тарифата за лекарствата, приложима в държавата на пациента.

**IS Samræmd endurgreiðsla C-120/95 og C-158/96 frá dómstól Evrópusamfélagsins (Decker/Kohll-dómur)**

Lyfjameðferðin, sem ávísað var af lækni, er í samræmi við aðferðarlýsingu meðferðar til að draga úr paroxetine (Seroxat).

Sjúklingur hefur fengið paroxetine (Seroxat) lyf til að draga úr notkun lyfsins og hefur smám saman dregið úr notkun samkvæmt áætlun.

Kostnaður við lyfið í Hollandi (€ 77,-) er birt á reikningnum.

Samkvæmt Decker/Kohll-dómnum (C-120/95 en C-158/06) á sjúklingurinn rétt á endurgreiðslu lyfsins samkvæmt samræmdri gjaldskrá lyfja sem við á í heimalandi hans.

**RO Rambursare în conformitate cu C-120/95 și C-158/96 pronunțate de Curtea Europeană de Justiție (hotărârea Decker/Kohll)**

Tratamentul farmacoterapeutic, care a fost prescris de medic, corespunde protocolului de tratament pentru scăderea dozei de paroxetine (Seroxat).

Pacientul a primit medicamentul paroxetine (Seroxat) pentru a reduce utilizarea acestui medicament și a redus treptat utilizarea conform programului.

Costurile medicamentelor din Olanda (€ 77,- Euro) sunt publicate pe factură.

Conform hotărârii Decker/Kohll (C-120/95 en C-158/06), pacientul are dreptul la rambursarea costului medicamentului aplicabil în țara de origine.

**SK Náhrada je v súlade s C-120/95 a C-158/96 Európskeho súdneho dvora (Rozsudok Decker/Kohll)**

Farmakoterapeutická liečba predpísaná lekárom je v súlade s protokolom o liečbe na zmiernenie paroxetine (Seroxat).

Pacient dostal liečivo paroxetine (Seroxat) na zníženie miery užívania tohto liečiva. Podľa harmonogramu mieru užívania znížil.

Ceny za liečivo v Holandsku (€ 77,- Euro) sú uvedené na faktúre.

Podľa rozsudku v prípade Decker/Kohll (C-120/95 a C-158/06) má pacient nárok na preplatenie liečiva v sadzbe, ktoré platí pre jeho domovskú krajinu.

**CZ Úhrada výdajů odpovídající C-120/95 a C-158/96 ze Soudního dvoru Evropské společnosti (Decker/Kohll-judgment)**

Farmakoterapeutická léčba, která byla předepsána praktickým lékařem, odpovídá protokolu léčby pro redukcii paroxetine (Seroxat).

Pacient obdržel lék paroxetine (Seroxat) ke snížení užívání tohoto léku a postupně užívání snížil podle plánu.

Náklady na léčbu v Holandsku (€ 77,- Euro) jsou zveřejněny na faktuře.

Podle rozsudku Decker/Kohll-judgment (C-120/95 en C-158/06) má pacient právo na náhradu léků odpovídající ceníku platnému v této domovské zemi.

**HR Nadoknada troškova u sklada sa C-120/95 i C-158/96 sa Suda pravde Evropskog društva (presuda Decker/Kohll)**

Farmakoterapijski tretman koji je propisao liječnik odgovara protokolu liječenja za smanjenje doze lijeka paroxetine (Seroxat).

Pacijent je primio lijek paroxetine (Seroxat) za smanjenje uporabe ovog lijeka i postupno je smanjivao upotrebu istog prema rasporedu.

Troškovi lijeka u Nizozemskoj (**€ 77,- Euro**) objavljeni su na računu.

Prema presudi Decker/Kohl (C-120/95 en C-158/06) pacijent ima pravo na nadoknadu tarife za lijekove koja je primjenjiva u njegovoj matičnoj zemlji.

**SI Nadomestilo skladno z razzodbama C-120/95 in C-158/96 Sodišča Evropske unije (sodba v primeru Decker/Kohl)**

Farmakoterapevtsko zdravljenje, ki ga je predpisal zdravnik, je skladno s protokolom zdravljenja za zmanjšanje paroxetine (Seroxat).

Pacijent je prejel zdravilo paroxetine (Seroxat) za zmanjšanje uporabe tega zdravila in je dejansko znatno zmanjšal uporabo skladno z razporedom.

Stroški zdravil na Nizozemskem (**€ 77,- evrov**) so navedeni na računu.

Skladno s sodbo Decker/Kohl (C-120/95 in C-158/06) je pacient upravičen do nadomestila za zdravila skladno z veljavno tarifo v svoji državi.

**LV Kompensēšana atbilst Eiropas Kopienas tiesas C-120/95 un C-158/96 noteikumiem (Decker/Kohl-judgment)**

Farmakoterapeitiskā terapija, kuru ordinējis ārsts, atbilst paroxetine (Seroxat) samazināšanas ārstēšanas protokolam.

Pacients ir saņēmis paroxetine (Seroxat) zāles, lai samazinātu šo zāļu devas lietošanu, un ir panācis pakāpenisku tās samazināšanu saskaņā ar grafiku.

Zāļu cenas Nīderlandē (**€ 77,- eiro**) ir norādītas rēķinā.

Saskaņā ar Dekera/Kola (Decker/Kohl) spriedumu (C-120/95 en C-158/06) pacientam ir tiesības uz zāļu kompensāciju atbilstoši zāļu cenai viņa mītnes zemē.

SUMMARY, 24 May 2018

## **Antidepressant tapering strips to help people come off medication more safely**

Peter Groot and Jim van Os

Antidepressant users who have come to the end of treatment and wish to stop can suffer withdrawal symptoms, even when following their doctor's advice. In some cases, these withdrawal symptoms can be so severe that they prevent the user from stopping their medication. This can often be problematic for the patient and can result in unnecessary prescriptions, additional cost for health services and potential long-term health issues.

An observational study published in the journal *Psychosis* shows that antidepressant withdrawal symptoms can be minimised or avoided by using prepackaged medication in tapering strips. Tapering medication makes safe withdrawal possible by utilising pills of small dosages to make much smaller dosage reductions than can be achieved using standard registered dosages. This approach makes tapering easy for the antidepressant user and the doctor. The study shows that more patients are successful using tapering strips when compared to those who had tried to reduce using other methods and allows patients who have previously tried and failed to withdraw the opportunity to succeed in coming off their antidepressant medication.

### **What is tapering medication?**

Tapering medication is prepackaged in tapering strips which make it easy for the patient to reduce without needing to follow complicated instructions. Furthermore the strips make it easy for doctors to prescribe personalised tapering schedules for their patients. A tapering strip consists of 28 sachets on a roll, with each sachet providing the medication for a single day. The daily dosage in each sachet is a little less or equal to that of the previous day. A doctor, psychiatrist or therapist can prescribe tapering schedules tailored to and in consultation with the patient in a shared decision-making approach. Using currently available standard registered dosages, gradual tapering is often difficult and, in some cases, impossible to achieve. Due to these limitations, current tapering guidelines are also difficult to follow for both the prescriber and the patient.

### **About the study**

The study reviewed 1121 questionnaires completed by patients who wanted to withdraw from their antidepressant medications. The majority (75%,  $n = 895$ ) wanted to taper off completely. Of these, 62% ( $n = 692$ ) had previously made one or more tapering attempts. Almost everyone (97%) had suffered withdrawal symptoms during these earlier attempts, which were rated as very severe by 49% (7 on a scale of 1-7). The duration of antidepressant use varied from less than a year to more than 30 years (median: 2-5 years).

### **A comparison of withdrawal with or without tapering medication**

All patients were asked about their tapering experience, using a scale from 1-7, where 1 = very good and 7 = very bad. In addition, they were asked if they had experienced withdrawal symptoms on a 1-7 scale, where 1 = not at all and 7 = very much. Patients were also asked to rate their previous attempts to withdraw, therefore making a comparison possible between tapering medication and other methods.

### **Study findings**

The main results of the study are that, of the 895 people who used tapering strips to taper the antidepressant they used:

- 71% ( $n = 636$ ) succeeded in a median time of 56 days (2 tapering strips).

- 21% (n = 192) did not complete the taper, 8% (n = 67) because they were still tapering, 4% (n = 39) due to withdrawal symptoms and 6% (n = 53) due to relapse (defined as the recurrence of complaints such as anxiety or depression).

The results of this study show that, for patients who had previously tried and failed to withdraw, the use of tapering medication in tapering strips could enable them to withdraw successfully.

### **Tapering medication enables shared decision making**

For patients who wish to withdraw, attempting to taper using standard registered doses increases the risk of withdrawal symptoms, leading to an increased risk of withdrawal failure and unnecessary long-term antidepressant use. Allowing patients and doctors to work together to define personalised tapering schedules has been shown to reduce withdrawal symptoms and increase the chances of success. By doing this, doctors can focus on patient recovery and more easily distinguish between withdrawal symptoms and relapse, which is important in avoiding the unnecessary prescribing of antidepressant medications.

### **Applying tapering principles to other medications**

The results of this study are relevant for people using other psychotropic medications such as antipsychotics or benzodiazepines. This is important for people with psychosis who will often be taking multiple medications. The use of tapering medication in tapering strips offers the opportunity to make safe, gradual dosage adjustments while minimising unpleasant withdrawal symptoms even in those patients who are taking multiple medications. The use of tapering strips enables a level of flexibility and personalisation that is simply not achievable using conventional standard registered dosages.

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Information about taperingstrips can be found on the User Research Center of Maastricht University website [www.taperingstrip.org](http://www.taperingstrip.org)

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