

Short explanation regarding filling in the order form / prescription

1. In order to ensure a responsible stop of medication use, a gradual tapering is often required. If tapering with the available registered dosages doesn't succeed, or results in too much withdrawal symptoms, tapering-medication (lower compounded dosages) can be prescribed.
2. Tapering can be done by two scientific proven methods:
 - * *Ashton Manual Curve* in which the tapering-traject is conform one entire hyperbolic traject (smaller steps towards the end), or
 - * *Hyperbolic reduction from registered dose to registered dose*. This type of tapering leads to small separate hyperbolic trajects from one dose to another.
3. **Cross box(es) risk factors** ; duration of medicine use; current dose; intake moment(s)
4. **Data of patient** needs to be filled in or attach label with name, address, city, country, phone number and email-address (mandatory due to communication with patient). Also mention name of local pharmacy.
5. **Data of prescriber (practitioner)** needs to be filled in or place stamp with the information.
6. Choose Tapering-traject in **Table 4**: select at least the first tapering-traject,
 - **or**, (if desired traject is not displayed in table) select the option **customized** and fill in the *start-* and *end dose*.
 - **or** (if patient needs to stabilize) select the option **Stabilizationstrip** and fill in the dose on which needs to be stabilized.
7. Mention date and have the practitioner sign and stamp the order form (= valid prescription). Then send the order form by fax or email to the number/email address mentioned on top of the page.
 - To request an advice regarding the tapering-traject, see **page 3**.
 - In case of a patient with a risk for withdrawal symptoms, go to **page 4** (Tapering with a 10% percentage per week) of 15% per week (=50% per month).
8. **Important** is the filling in of the self-monitoring form during the tapering-traject. This enables patients and practitioners to determine withdrawal symptoms a.s.a.p..
In case of withdrawal symptoms: Aggravation of the withdrawal symptoms, or the failure of the tapering-traject can be prevented by having the patient stabilized (on the lowest dose with no withdrawal symptoms) and/or selecting a more gradual tapering-traject.

In order to realize a responsible tapering-traject, these strips can be prescribed:

Taperingstrip	Strip for 28 days to lower the daily dose; start- and end-dose are registered doses
Customized strip	Taperingstrip for 28 days with self chosen start- and end-dose (customized)
Stabilizationstrip	Strip for 28 days to stabilize a patient on the same dose (for 28 days)
Switchstrip	Strip for a responsible switch to another medicine in 28 days

Concepts

Taperingmedication is developed to provide an opportunity to taper/decrease the use of medication in a safe and responsible way. This traject can be customized and adjusted if necessary. The determination of the tapering-traject is done on the base of *shared decision making* and (self-)monitoring; this in accordance with accurate guidelines.

In a **Taperingstrip** the daily dose (intake) is decreased conform a hyperbolic curve. Hyperbolic means that the steps (difference in daily intake) toward the end become smaller. This is necessary in order to avoid/prevent the withdrawal symptoms as much as possible.

A **Taper-traject** can exist of one or more Taperingstrips, which are being used sequential; whether or not in combination with one or more stabilizationstrip(s).

A **Stabilizationstrip** can, when withdrawal symptoms occur, be prescribed in order to stabilize a patient on a certain dose. The patient can then stabilize on that dose before continuing the (adjusted) tapering-traject.

Selfmonitoring: attached with the tapering-medication a self-monitoring form is provided. This form needs to be filled in once a day so patient and practitioner can monitor the severity of the potential withdrawal symptoms (if they occur). If the severity increases, adjustments can be made to the tapering-traject in order to prevent withdrawal symptoms.

Instructions for the order form / prescription for Taperingstrips™

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 EXAMPLE	taper duration	STRIP 1 28 days	STRIP 2 28 days	STRIP 3 28 days	STRIP 4 28 days
30 mg/day	112 days	☐ EXMPL 30-10	☐ EXMPL 10-5	☐ EXMPL 5-2	☐ EXMPL 2-0
	84 days	☒ EXMPL 30-10	☒ EXMPL 10-5	☒ EXMPL 5-0	
	56 days	☐ EXMPL 30-10	☐ EXMPL 10-0		

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

starting dose EXAMPLE	taper duration	STRIP 1 28 days	STRIP 2 28 days	STRIP 3 28 days	STRIP 4 28 days
30 mg/day	112 days	☐ EXMPL 30-10	☐ EXMPL 10-5	☐ EXMPL 5-2	☐ EXMPL 2-0
	84 days	☒ EXMPL 30-10	☒ EXMPL 10-5	☐ EXMPL 5-0	
	56 days	☐ EXMPL 30-10	☐ 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.

CUSTOMIZED	2 x 28 days	☒ EXMPL from 60 - 30 mg	☒ EXMPL from 30 - 10 mg
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- d. **Stabilization** to a steady dose: mark the box, and fill in daily dose and number of repeats
(e.g.: 17 mg/day and 2x repeats=> schedule (1 + 2) x 28 days = 84 days)

STABILIZATION	28 days	☒ EXMPL stab.	17 mg/day	2 repeats
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5. Sign the prescription.

6. Fax the prescription to the Regenboog Apotheek: **+31-(0)85-2736129** or scan and mail to tapering@regenboogapotheek.com

NOTE: Please only fax the order form / prescription

Do not fax the instruction sheets.

Request for advice DIAZEPAM (Valium)

Regenboog Apotheek has guided more than 10.000 patients before and during the tapering-traject. Advice regarding the traject will be send within three work-ing days.

Dear sir / madam,

I, ☐ arts / ☐ patient (cross box), would like to receive an advice for a taper-ing-traject for the patiënt mentioned underneath. Patient has the fol-lowing characteristics:

- * Patient received diazepam for the indication of:
- * Patient is currently free of symptoms: ☐ yes ☐ no
- * The reason(s) for tapering is/are:

See explanation page 6, cross all boxes which are applicable.

1a. Risk factor: ☐ missed intake ☐ fear tapering ☐ previous failed attempts ☐ distinguish ☐ slow metaboliser ☐ high dose
☐ start ☐ others

1b. Duration of use of diazepam: ☐ <1 year ☐ 1-2 year ☐ 2-5 year ☐ 5-10 year ☐ >10 year

1c. Current intake diazepam: mg time hour ☐ decrease desired end dose.
..... mg time hour ☐ decrease desired end dose.
..... mg time hour ☐ decrease desired end dose.
..... mg time hour ☐ decrease desired end dose.

1d. Other oral medication: (name) mg per day
..... (name) mg per day
..... (name) mg per day
..... (name) mg per day
..... (name) mg per day

1e. Tablets are the desired form of medication ☐ (cross box)

1f. Required tapering period: .. months (number) **or**
☐ 10% per week (=30% per month)
☐ 15% per week (=50% per month)

2. Initials and surname patient:

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

Street and number:

Postal code and city: Country:

E-mail address (**mandatory**): Phone:

3. Name practitioner:

Medical registration number:

Street and number of practice:

Postal code and city:

E-mail address (**mandatory**):

Phone:

Date:

Stamp practitioner
(preferably):

Signature practitioner and/or patient:

I hereby declare that all information has been provided truthfully

Shipping address: Regenboog Apotheek, Antwoordnummer 16500, 4840 WJ BAVEL, Nederland

Order form and prescription

R/ Order form = Prescription for DIAZEPAM (Valium) Taperingstrips™ ATC code: N05BA01

1a. Medical indication: ☒ preventive ☐ reduction anxiety ☐ failed attempt ☐ distinction ☐ slow metabolizer ☐ high dose

1b. Duration of diazepam 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 (**mandatory**): Phone:

3. Name of treating physician:

Medical registration number:

Address:

Postal code and country:

E-mail address (**mandatory**):

Phone:

4. Please, fill in the **table A** (Asthon Manual schedule), following the instructions above, **use the startdose (mg) of the intake dose !**

Startdose diazepam	Tapering period	DZPM=diazepam STRIP 1=28 days	STRIP 2 28 days	STRIP 3 28 days	STRIP 4 28 days	STRIP 5 28 days
30 mg/Intake10%	364 days	☐ DZPM 30-20	☐ DZPM 20-13.5	☐ DZPM 13.5-9	☐ DZPM 9-6	☐ DZPM 6-4 →
30 mg/Intake15%	224 days	☐ DZPM 30-15	☐ DZPM 15-7.5	☐ DZPM 7.5-3.8	☐ DZPM 3.8-1.9	☐ DZPM 1.9-1 →
20 mg/Intake10%	336 days	☐ DZPM 20-13.5	☐ DZPM 13.5-9	☐ DZPM 9-6	☐ DZPM 6-4	☐ DZPM 4-2.5 →
20 mg/Intake15%	196 days	☐ DZPM 20-10	☐ DZPM 10-5	☐ DZPM 5-2.5 →		
10 mg/Intake10%	308 days	☐ DZPM 10-6.7	☐ DZPM 6.7-4.5	☐ DZPM 4.5-3 →		
10 mg/Intake15%	168 days	☐ DZPM 10-5	☐ DZPM 5-2.5 →			
5 mg/Intake10%	252 days	☐ DZPM 5-3.3	☐ DZPM 3.3-2.2	☐ DZPM 2.2-1.5	☐ DZPM 1.5-1 →	
5 mg/Intake15%	140 days	☐ DZPM 5-2.5	☐ DZPM 2.5-1.2	☐ DZPM 1.2-0.6	☐ DZPM 0.6-0.3	☐ DZPM 0.3-0
4 mg/Intake10%	224 days	☐ DZPM →4-2.5	☐ DZPM 2.5-1.8	☐ DZPM 1.8-1.2	☐ DZPM 1.2-0.8	☐ DZPM 0.8-0.5 →
4 mg/Intake15%	140 days	☐ DZPM 4-2	☐ DZPM 2-1	☐ DZPM 1-0.5	☐ DZPM 0.5-0.2	☐ DZPM 0.2-0
3 mg/Intake10%	224 days	☐ DZPM →3-2	☐ DZPM 2-1.4	☐ DZPM 1.4-1 →		
3 mg/Intake15%	140 days	☐ DZPM 3-1.5	☐ DZPM 1.5-0.7	☐ DZPM 0.7-0.4	☐ DZPM 0.4-0.2	☐ DZPM 0.2-0
2,5 mg/Intake10%	196 days	☐ DZPM →2.5-1.8	☐ DZPM 1.8-1.2	☐ DZPM 1.2-0.8	☐ DZPM 0.8-0.5 →	
2,5 mg/Intake15%	112 days	☐ DZPM →2.5-1.8	☐ DZPM 1.2-0.6	☐ DZPM 0.6-0.3	☐ DZPM 0.3-0	
2 mg/Intake10%	196 days	☐ DZPM →2-1.4	☐ DZPM 1.4-1 →			
2 mg/Intake15%	112 days	☐ DZPM 2-1	☐ DZPM 1-0.5	☐ DZPM 0.5-0.2	☐ DZPM 0.2-0	
1 mg/Intake10%	140 days	☐ DZPM →1-0.7	☐ DZPM 0.7-0.5	☐ DZPM 0.5-0.3	☐ DZPM 0.3-0.2	☐ DZPM 0.2-0
1 mg/Intake15%	84 days	☐ DZPM →1-0.5	☐ DZPM 0.5-0.2	☐ DZPM 0.2-0		
0,5 mg/Intake10%	84 days	☐ DZPM →0.5-0.3	☐ DZPM 0.3-0.2	☐ DZPM 0.2-0		
0,5 mg/Intake15%	56 days	☐ DZPM →0.5-0.2	☐ DZPM 0.2-0			
customized	. X 28 days	☐ DZPM	☐ DZPM	☐ DZPM	☐ DZPM	☐ DZPM
rescue	3 X 15 tablets	☐ DZPM 0,1 mg				
stable	28 days	☐ DZPM stable	... mg	.. repeats	dose round off to 0.1 mg	☐ send immediately

COSTS Tapering- and stabilization strips contain medication for a fixed period of 28 days, all strips have the same price. Taperingstrip™: € 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 form and prescription

R/ Order form = prescription for DIAZEPAM (Valium) Taperingstrips™ ATC code: N05BA01

- 1a.** Medical indication: ☒ preventive ☐ reduction anxiety ☐ failed attempt ☐ distinction ☐ slow metabolizer ☐ high dose
1b. Duration of diazepam 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 (**mandatory**): Telephone no:

3. Name of treating physician:
 Medical registration number:
 Address:
 Postal code and country:
 E-mail address (**mandatory**):
 Telephone no:

4. Please, fill in the **table B** (Regular schedule), following the instructions above, **use the startdose (mg) of the intake dose ! Most prescribed Trajectories**

Startdose diazepam	Tapering period	DZPM=diazepam STRIP 1=28 days	STRIP 2 28 days	STRIP 3 28 days	STRIP 4 28 days	STRIP 5 28 days
30 mg/Intake	140 days	☐ DZPM 30-25	☐ DZPM 25-20	☐ DZPM 20-15	☐ DZPM 15-10	☐ DZPM 10-5→
20 mg/Intake	112 days	☐ DZPM 20-15	☐ DZPM 15-10	☐ DZPM 10-5	☐ DZPM 5-2→	
	112 days	☐ DZPM 20-15	☐ DZPM 15-10	☐ DZPM 10-5	☐ DZPM 5-0	
10 mg/Intake	140 days	☐ DZPM 10-5	☐ →DZPM 5-2	☐ DZPM 2-1	☐ DZPM 1-0.5	☐ DZPM 0.5-0
	112 days	☐ DZPM 10-5	☐ →DZPM 5-2	☐ DZPM 2-1	☐ DZPM 1-0	
7 mg/Intake	140 days	☐ DZPM 7-4	☐ DZPM 4-2	☐ DZPM 2-1	☐ DZPM 1-0.5	☐ DZPM 0.5-0
	112 days	☐ DZPM 7-4	☐ DZPM 4-2	☐ DZPM 2-1	☐ DZPM 1-0	
6 mg/Intake	112 days	☐ DZPM 6-3	☐ DZPM 3-1	☐ DZPM 1-0.5	☐ DZPM 0.5-0	
	56 days	☐ DZPM 6-3	☐ DZPM 3-0			
5 mg/Intake	112 days	☐ →DZPM 5-2	☐ DZPM 2-1	☐ DZPM 1-0.5	☐ DZPM 0.5-0	
	84 days	☐ →DZPM 5-2	☐ DZPM 2-1	☐ DZPM 1-0		
3 mg/Intake	84 days	☐ DZPM 3-1	☐ DZPM 1-0.5	☐ DZPM 0.5-0		
	56 days	☐ DZPM 3-1	☐ DZPM 1-0			
2 mg/Intake	84 days	☐ →DZPM 2-1	☐ DZPM 1-0.5	☐ DZPM 0.5-0		
	28 days	☐ →DZPM 2-0				
customized	. X 28 days	☐ DZPM	☐ DZPM	☐ DZPM	☐ DZPM	☐ DZPM
rescue	3 X 15 tablets	☐ DZPM 0,1 mg				
stable	28 days	☐ DZPM stable	. . . mg	. . repeats	dose round off to 0.1 mg	☐ send immediately

COSTS Tapering- and stabilization strips contain medication for a fixed period of 28 days, all strips have the same price. Taperingstrip™: € 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**

Extra Instruction for DIAZEPAM (Valium)

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 (2) & Analgetics (4).

PLEASE READ CAREFULLY BEFORE FILLING IN THE ORDER FORM / PRESCRIPTION

1. A sudden termination of treatment with diazepam, 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 Taperingstrips™.
2. One or more Taperingstrips™ can be used to gradually reduce the dose of diazepam 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 one intakes 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 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) **Choose a tapering schedule according the Asthon Manual for a fixed percentage (10 or 15% a week).**
 - a. **Variable** - Choose a tapering schedule for the first 28 days only, then use the patient's experiences and feedback (from the first three weeks) to inform the physician about the remainder of the tapering trajectory. To do this only the **black** part of **table A** 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 A** on page 4 you need several tapering trajectories (→).
 - b. **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 A** on page 5 you need several tapering trajectories (→).
 - 2) **Choose a tapering schedule from (start) and to (end) doses which are on the market (Regular Schedule)**
 - a. **Variable** - Choose a tapering schedule for the first 28 days only, then use the patient's experiences and feedback (from the first three weeks) to inform the physician about the remainder of the tapering trajectory. To do this only the **black** part of **table B** on page 5 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 B** on page 5.
 - b. **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 B** on page 5.
4. Diazepam Taperingstrips™ are only available on prescription. The (by physician) signed order-form is seen as a valid prescription. After filling in the form, the treating physician should terminate any current prescription for diazepam at the local pharmacy.
5. In most countries, the costs of the medication in the Taperingstrips™ are covered by health insurance. Tapering- and stabilizationstrips contain medication for a fixed period of 28 days, all strips have the same price. Taperingstrip™: € 77.-; Stabilization-strip € 38.50 for a period of 28 days. Prices are subject to change, so please check before ordering.
6. Once the order-form/prescription has been received by the Regenboog Apotheek, we will send an invoice. Once we've received the payment, the Taperingstrip™ will be shipped to the patient's home address. The patient will receive an invoice and explanation beforehand by mail.
7. A Taperingstrip™ contains 28 numbered pouches, with each pouch containing one or 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 (preferably) 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 stabilizationstrip 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 diazepam.
11. In some cases, the patient is currently using a dose that is higher or different from the starting dose of the standard available Taperingstrips (see table 4 on page 4). These patients can also reduce their dose gradually by using **customized** Taperingstrips™ for the first part of the taper (see table 4 on page 4).

12. For the **Asthon Manual** schedule diazepam, the following Taperingstrips™ are standard available:

Startdose diazepam	Enddose diazepam	Tapering period	Name of the strip DZPM=diazepam	Step dose reduction	average dose reduction	average dose reduction
30mg/dose	20mg/dose	28 days	DZPM 30-20/28days	0,4/0,3 mg	0,36mg/dose	10%/week
30mg/dose	15mg/dose	28 days	DZPM 30-15/28days	0,6/0,5 mg	0,54mg/dose	15%/week
20mg/dose	13,5mg/dose	28 days	DZPM 20-13,5/28days	0,3/0,2 mg	0,23mg/dose	10%/week
20mg/dose	10mg/dose	28 days	DZPM 20-10/28days	0,4/0,3 mg	0,36mg/dose	15%/week
10mg/dose	6,7mg/dose	28 days	DZPM 10-6,7/28days	0,2/0,1 mg	0,12mg/dose	10%/week
10mg/dose	5mg/dose	28 days	DZPM 10-5/28days	0,2/0,1 mg	0,18mg/dose	15%/week
6mg/dose	4mg/dose	28 days	DZPM 6-4/28days	0,1 mg	0,07mg/dose	10%/week
6mg/dose	3mg/dose	28 days	DZPM 6-3/28days	0,2/0,1 mg	0,11mg/dose	15%/week
5mg/dose	3,3mg/dose	28 days	DZPM 5-3,3/28days	0,1 mg	0,06mg/dose	11%/week
5mg/dose	2,5mg/dose	28 days	DZPM 5-2,5/28days	0,1 mg	0,09mg/dose	15%/week
4mg/dose	2,7mg/dose	28 days	DZPM 4-2,7/28days	0,1 mg	0,05mg/dose	10%/week
4mg/dose	2mg/dose	28 days	DZPM 4-2/28days	0,1 mg	0,07mg/dose	15%/week
3mg/dose	2mg/dose	28 days	DZPM 3-2/28days	0,1 mg	0,04mg/dose	10%/week
3mg/dose	1,5mg/dose	28 days	DZPM 3-1,5/28days	0,1 mg	0,05mg/dose	15%/week
2,5mg/dose	1,7mg/dose	28 days	DZPM 2,5-1,7/28days	0,1 mg	0,03mg/dose	10%/week
2,5mg/dose	1,2mg/dose	28 days	DZPM 2,5-1,2/28days	0,1 mg	0,05mg/dose	16%/week
2mg/dose	1,4mg/dose	28 days	DZPM 2-1,4/28days	0,1 mg	0,02mg/dose	9%/week
2mg/dose	1mg/dose	28 days	DZPM 2-1/28days	0,1 mg	0,04mg/dose	15%/week
1mg/dose	0,7mg/dose	28 days	DZPM 1-0,7/28days	0,1 mg	0,01mg/dose	9%/week
1mg/dose	0,5mg/dose	28 days	DZPM 1-0,5/28days	0,1 mg	0,02mg/dose	15%/week
0,5mg/dose	0,3mg/dose	28 days	DZPM 0,5-0,3/28days	0,1 mg	0,01mg/dose	12%/week
0,5mg/dose	0,2mg/dose	28 days	DZPM 0,5-0,2/28days	0,1 mg	0,01mg/dose	18%/week
stable	...mg/dose	28 days	DZPM stable	0 mg	no reduction	0%/week

The table below shows how many mg of diazepam each daily pouch contains in the **Asthon Manual** schedule.

Schedule: diazepam		30 - 20	30 - 15	20 - 13,5	20 - 10	10 - 6,7	10 - 0	6 - 4	5 - 3,3	4 - 2,7	4 - 2	3 - 2	3 - 1,5	2,5 - 1,7	2,5 - 1,2	2 - 1,4	2 - 1	1 - 0,5	0,5 - 0,3	0,5 - 0,2
Sachet No	Intake day	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
sachet 28-01	Sunday	30	30	20	20	10	10	6	5	4	4	3	3	2,5	2,5	2	2	1	0,5	0,5
sachet 27-01	Monday	29,5	29	19,7	19,4	9,8	8,4	5,9	4,9	3,9	3,9	3	2,9	2,5	2,4	2	2	1	0,5	0,5
sachet 26-01	Tuesday	29	28,1	19,3	18,7	9,7	7,1	5,8	4,8	3,9	3,8	2,9	2,9	2,4	2,4	1,9	1,9	1	0,5	0,5
sachet 25-01	Wednesday	28,5	27,2	19	18,2	9,5	6,2	5,7	4,8	3,8	3,7	2,9	2,8	2,4	2,3	1,9	1,9	0,9	0,5	0,5
sachet 24-01	Thursday	28	26,3	18,7	17,6	9,4	5,3	5,6	4,7	3,8	3,6	2,8	2,7	2,4	2,3	1,9	1,8	0,9	0,5	0,5
sachet 23-01	Friday	27,5	25,5	18,4	17,1	9,2	4,7	5,5	4,6	3,7	3,5	2,8	2,6	2,3	2,2	1,9	1,8	0,9	0,5	0,4
sachet 22-01	Saturday	27,1	24,8	18,1	16,6	9,1	4,1	5,5	4,5	3,7	3,4	2,7	2,6	2,3	2,1	1,9	1,7	0,9	0,5	0,4
sachet 21-01	Sunday	26,6	24,1	17,9	16,1	8,9	3,6	5,4	4,5	3,6	3,3	2,7	2,5	2,3	2,1	1,8	1,7	0,9	0,4	0,4
sachet 20-01	Monday	26,2	23,4	17,6	15,7	8,8	3,2	5,3	4,4	3,6	3,2	2,7	2,5	2,2	2	1,8	1,6	0,8	0,4	0,4
sachet 19-01	Tuesday	25,8	22,8	17,3	15,3	8,7	2,9	5,2	4,3	3,5	3,2	2,6	2,4	2,2	2	1,8	1,6	0,8	0,4	0,4
sachet 18-01	Wednesday	25,4	22,2	17,1	14,9	8,5	2,5	5,1	4,3	3,4	3,1	2,6	2,3	2,2	1,9	1,8	1,6	0,8	0,4	0,4
sachet 17-01	Thursday	25	21,6	16,8	14,5	8,4	2,3	5,1	4,2	3,4	3	2,5	2,3	2,1	1,9	1,7	1,5	0,8	0,4	0,4
sachet 16-01	Friday	24,6	21	16,6	14,1	8,3	2	5	4,1	3,4	2,9	2,5	2,2	2,1	1,8	1,7	1,5	0,8	0,4	0,4
sachet 15-01	Saturday	24,3	20,5	16,3	13,7	8,2	1,8	4,9	4,1	3,3	2,9	2,5	2,2	2,1	1,8	1,7	1,5	0,7	0,4	0,3
sachet 14-01	Sunday	23,9	20	16,1	13,4	8	1,6	4,8	4	3,3	2,8	2,4	2,1	2,1	1,7	1,7	1,4	0,7	0,4	0,3
sachet 13-01	Monday	23,6	19,5	15,9	13,1	7,9	1,4	4,8	3,9	3,2	2,7	2,4	2,1	2	1,7	1,6	1,4	0,7	0,4	0,3
sachet 12-01	Tuesday	23,2	19,1	15,6	12,8	7,8	1,2	4,7	3,9	3,2	2,6	2,4	2	2	1,6	1,6	1,3	0,7	0,4	0,3
sachet 11-01	Wednesday	22,9	18,6	15,4	12,5	7,7	1,1	4,6	3,8	3,1	2,6	2,3	1,9	2	1,6	1,6	1,3	0,7	0,4	0,3
sachet 10-01	Thursday	22,6	18,2	15,2	12,2	7,6	0,9	4,6	3,8	3,1	2,5	2,3	1,9	1,9	1,6	1,6	1,3	0,7	0,4	0,3
sachet 09-01	Friday	22,3	17,8	15	11,9	7,5	0,8	4,5	3,7	3	2,5	2,3	1,9	1,9	1,5	1,6	1,2	0,6	0,4	0,3
sachet 08-01	Saturday	22	17,4	14,8	11,6	7,4	0,7	4,4	3,7	3	2,4	2,2	1,8	1,9	1,5	1,5	1,2	0,6	0,3	0,3
sachet 07-01	Sunday	21,7	17	14,6	11,4	7,3	0,5	4,4	3,6	2,9	2,3	2,2	1,8	1,9	1,4	1,5	1,2	0,6	0,3	0,3
sachet 06-01	Monday	21,4	16,6	14,4	11,1	7,2	0,4	4,3	3,6	2,9	2,3	2,2	1,7	1,8	1,4	1,5	1,2	0,6	0,3	0,3
sachet 05-01	Tuesday	21,1	16,3	14,2	10,9	7,1	0,3	4,2	3,5	2,9	2,2	2,1	1,7	1,8	1,3	1,5	1,1	0,6	0,3	0,2
sachet 04-01	Wednesday	20,8	15,9	14	10,6	7	0,2	4,2	3,4	2,8	2,2	2,1	1,6	1,8	1,3	1,5	1,1	0,5	0,3	0,2
sachet 03-01	Thursday	20,5	15,6	13,8	10,4	6,9	0,2	4,1	3,4	2,8	2,1	2,1	1,6	1,8	1,3	1,4	1,1	0,5	0,3	0,2
sachet 02-01	Friday	20,3	15,3	13,7	10,2	6,8	0,1	4,1	3,3	2,7	2,1	2	1,5	1,7	1,2	1,4	1	0,5	0,3	0,2
sachet 01-01	Saturday	20	15	13,5	10	6,7	0,1	4	3,3	2,7	2	2	1,5	1,7	1,2	1,4	1	0,5	0,3	0,2

13. For the **Regular Schedule** diazepam, the following Taperingstrips™ are standard available:

Startdose diazepam	Enddose diazepam	Tapering period	Name of the strip DZPM=diazepam	Step dose reduction	average dose reduction	average dose reduction
30mg/dose	25mg/dose	28 days	DZPM 30-25/28days	0,2/0,1 mg	0,18mg/dose	5%/week
25mg/dose	20mg/dose	28 days	DZPM 25-20/28days	0,2/0,1 mg	0,18mg/dose	6%/week
20mg/dose	15mg/dose	28 days	DZPM 20-15/28days	0,2/0,1 mg	0,18mg/dose	8%/week
15mg/dose	10mg/dose	28 days	DZPM 15-10/28days	0,2/0,1 mg	0,18mg/dose	10%/week
10mg/dose	5mg/dose	28 days	DZPM 10-5/28days	0,2/0,1 mg	0,18mg/dose	15%/week
7mg/dose	2mg/dose	28 days	DZPM 7-2/28days	0,2/0,1 mg	0,18mg/dose	22%/week
6mg/dose	3mg/dose	28 days	DZPM 6-3/28days	0,2/0,1 mg	0,11mg/dose	15%/week
5mg/dose	2mg/dose	28 days	DZPM 5-2/28days	0,2/0,1 mg	0,11mg/dose	18%/week
5mg/dose	zero	28 days	DZPM 5-0/28days	0,2/0,1 mg	0,18mg/dose	30%/week
3mg/dose	zero	28 days	DZPM 3-0/28days	0,2/0,1 mg	0,11mg/dose	30%/week
2mg/dose	zero	28 days	DZPM 2-0/28days	0,1 mg	0,07mg/dose	30%/week
1mg/dose	zero	28 days	DZPM 1-0/28days	0,1 mg	0,04mg/dose	30%/week
stable	...mg/dose	28 days	DZPM stable	0 mg	no reduction	0%/week

The table below shows how many mg of diazepam each daily pouch contains in the **Regular Schedule**.

Schedule: diazepam		30 - 25	30 - 20	25 - 20	20 - 15	15 - 10	10 - 5	10 - 0	7 - 2	6 - 3	5 - 2	5 - 0	3 - 0	2 - 0	1 - 0
Sachet No	Intake day	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
sachet 28-01	Sunday	30	30	25	20	15	10	10	7	6	5	5	3	2	1
sachet 27-01	Monday	29,8	29,5	24,8	19,8	14,7	9,7	8,4	6,6	5,8	4,8	4,5	2,8	1,9	0,9
sachet 26-01	Tuesday	29,6	29	24,6	19,5	14,5	9,4	7,1	6,3	5,7	4,6	4	2,6	1,7	0,9
sachet 25-01	Wednesday	29,4	28,5	24,3	19,3	14,3	9,1	6,2	6	5,5	4,5	3,6	2,4	1,6	0,9
sachet 24-01	Thursday	29,1	28	24,1	19,1	14	8,9	5,3	5,7	5,4	4,3	3,3	2,2	1,5	0,8
sachet 23-01	Friday	28,9	27,5	23,9	18,9	13,8	8,6	4,7	5,4	5,2	4,2	3	2	1,4	0,8
sachet 22-01	Saturday	28,7	27,1	23,7	18,7	13,6	8,4	4,1	5,1	5,1	4	2,7	1,8	1,3	0,7
sachet 21-01	Sunday	28,5	26,6	23,5	18,4	13,4	8,2	3,6	4,9	4,9	3,9	2,4	1,7	1,2	0,7
sachet 20-01	Monday	28,3	26,2	23,3	18,2	13,1	7,9	3,2	4,6	4,8	3,8	2,2	1,6	1,1	0,6
sachet 19-01	Tuesday	28,1	25,8	23,1	18	12,9	7,7	2,9	4,4	4,7	3,6	2	1,4	1,1	0,6
sachet 18-01	Wednesday	27,9	25,4	22,9	17,8	12,7	7,5	2,5	4,2	4,6	3,5	1,8	1,3	1	0,5
sachet 17-01	Thursday	27,8	25	22,7	17,7	12,5	7,3	2,3	4	4,5	3,4	1,6	1,2	0,9	0,5
sachet 16-01	Friday	27,6	24,6	22,5	17,5	12,4	7,1	2	3,9	4,3	3,3	1,5	1,1	0,8	0,5
sachet 15-01	Saturday	27,4	24,3	22,3	17,3	12,2	7	1,8	3,7	4,2	3,2	1,3	1	0,7	0,4
sachet 14-01	Sunday	27,2	23,9	22,2	17,1	12	6,8	1,6	3,5	4,1	3,1	1,2	0,9	0,7	0,4
sachet 13-01	Monday	27	23,6	22	16,9	11,8	6,6	1,4	3,4	4	3	1,1	0,8	0,6	0,4
sachet 12-01	Tuesday	26,8	23,2	21,8	16,7	11,6	6,5	1,2	3,2	3,9	2,9	0,9	0,7	0,6	0,3
sachet 11-01	Wednesday	26,7	22,9	21,6	16,6	11,5	6,3	1,1	3,1	3,8	2,8	0,8	0,6	0,5	0,3
sachet 10-01	Thursday	26,5	22,6	21,5	16,4	11,3	6,2	0,9	3	3,7	2,7	0,7	0,6	0,4	0,3
sachet 09-01	Friday	26,3	22,3	21,3	16,2	11,2	6	0,8	2,8	3,6	2,6	0,6	0,5	0,4	0,2
sachet 08-01	Saturday	26,1	22	21,1	16,1	11	5,9	0,7	2,7	3,6	2,5	0,5	0,4	0,3	0,2
sachet 07-01	Sunday	26	21,7	20,9	15,9	10,8	5,7	0,5	2,6	3,5	2,4	0,4	0,3	0,3	0,2
sachet 06-01	Monday	25,8	21,4	20,8	15,8	10,7	5,6	0,4	2,5	3,4	2,4	0,4	0,3	0,2	0,1
sachet 05-01	Tuesday	25,6	21,1	20,6	15,6	10,6	5,5	0,3	2,4	3,3	2,3	0,3	0,2	0,2	0,1
sachet 04-01	Wednesday	25,5	20,8	20,5	15,4	10,4	5,3	0,2	2,3	3,2	2,2	0,2	0,2	0,1	0,1
sachet 03-01	Thursday	25,3	20,5	20,3	15,3	10,3	5,2	0,2	2,2	3,1	2,1	0,1	0,1	0,1	0,1
sachet 02-01	Friday	25,2	20,3	20,2	15,1	10,1	5,1	0,1	2,1	3,1	2,1	0,1	0,1	0,1	0,1
sachet 01-01	Saturday	25	20	20	15	10	5	0,1	2	3	2	0,1	0,1	0,1	0,1

IMPORTANT NOTICE: Taperingstrips™ 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.

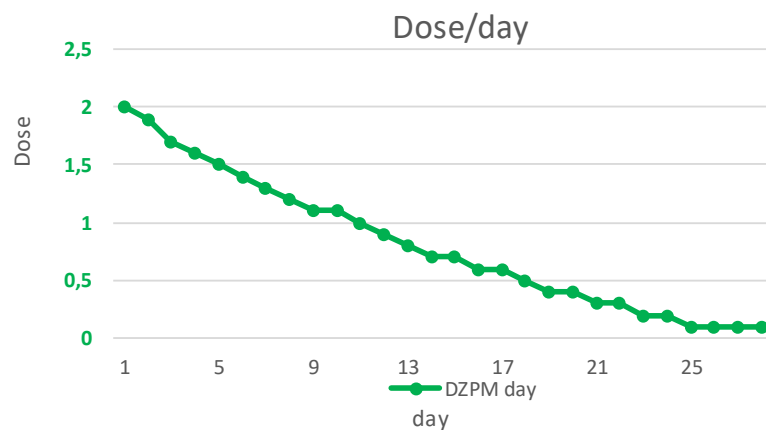
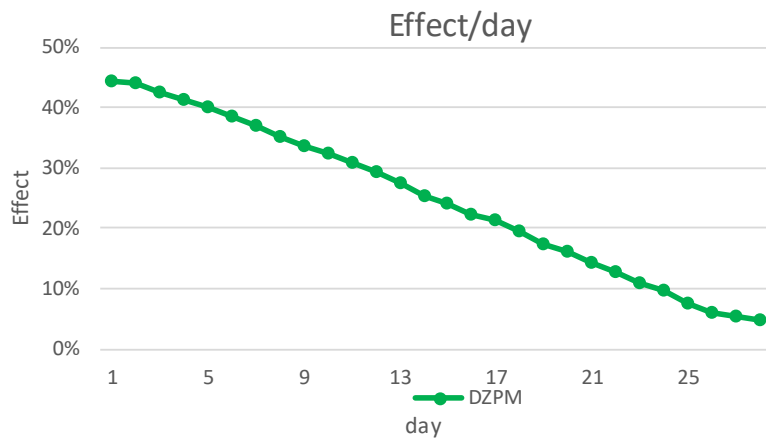
Please note: Treatment with the Taperingstrip™ supports the tapering of medication, reducing withdrawal effects to a minimum. If withdrawal effects do occur, they will be not as intensive or prolonged as during a traditional tapering approach. This will make it easier for the treating physician to recognize 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 diazepam 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 Regenboog Apotheek (Rainbow Pharmacy) at tapering@regenboogapothek.com or + 31-(0)161-437 137.

14. Tabel Effect* as a function of the daily change (decrease) in dose from 2 mg till 0 mg of the medicine in 28 days.

sachet	DZPM Dose (mg)	Effect
28-01	2	44,44%
27-01	1,9	43,97%
26-01	1,7	42,70%
25-01	1,6	41,36%
24-01	1,5	39,96%
23-01	1,4	38,48%
22-01	1,3	36,93%
21-01	1,2	35,30%
20-01	1,1	33,59%
19-01	1,1	32,47%
18-01	1	31,05%
17-01	0,9	29,38%
16-01	0,8	27,52%
15-01	0,7	25,49%
14-01	0,7	24,16%
13-01	0,6	22,41%
12-01	0,6	21,28%
11-01	0,5	19,60%
10-01	0,4	17,50%
09-01	0,4	16,13%
08-01	0,3	14,16%
07-01	0,3	12,89%
06-01	0,2	10,89%
05-01	0,2	9,61%
04-01	0,1	7,51%
03-01	0,1	6,16%
02-01	0,1	5,30%
01-01	0,1	4,75%



* "Effect" show the occupancy rate of the receptor (in percentages) where the medicine attaches as a function of the daily dose; from the lowest registered dose till 0. Change (decrease) should be as **gradual** as possible in order to prevent withdrawal symptoms as much as possible. This is will be realized by lowering the dose on a conform a hyperbolic function. Hyperbolic means that the steps (change in daily intake) toward the end will get smaller.

15. Important: Tapering medication Taperingstrips™ does not replace the usual care/consult of the practitioner! Good guidance of the patient during, but also after tapering remains essential in order to recognize a potential relapse.

16. Selfmonitoring-form in order to realize a responsible tapering-traject.

Attached with the tapering-medication a self-monitoring form is provided. This form needs to be filled in once a day so patient and practitioner can monitor the severity of the potential withdrawal symptoms (if they occur). If the severity increases, adjustments can be made to the tapering-traject in order to prevent withdrawal symptoms. Filling in the form does only take a minute per day.

17. Research to the responsible tapering of medication

Patients, who give there permission, can send the filled in self-monitoring form back to the pharmacy (free of costs). All data will be anonymized and prof. Jim van Os and dr. Peter C. Groot (University of Utrecht) will use the data for further research.



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 gedeponeerd bij de Kamer van Koophandel Haaglanden te 's-Gravenhage (HR 40 409 373)



I.M.W. de Jong, J.C. van Vliet, apothekers
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DUPLIKAAT

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Invoice specification

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

invoice specification/Rechnungsangabe/spécification de la facture			
Number of tablets	Name medication	Dose	ATC Code
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 day / Tag / jour	mg totaal	Total number of tablets	5 mg	2 mg	1 mg	0,5 mg	0,2 mg	0,1 mg
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/Kohll-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/Kohll-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 Kohll 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 Kohll 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 Kohll) des Gerichtshofs der Europäischen Union

Diese vom Arzt verschriebene 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 Kohll) 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 Kohll) 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 à l'arrêt Decker/Kohll (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/Kohll)

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/Kohll (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/Kohll-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/Kohll-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/Kohll)

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/Kohll (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/Kohll) 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/Kohll-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/Kohll-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/Kohll- 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/Kohll)

Lääkärin määräämä farmakoterapeuttinen 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/Kohll-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/Kohll).

Leczenie farmakoterapeutyczne, które zostało przepisane przez lekarza, jest zgodne z protokołem leczenia mającego na celu zmniejszenie dawki leku paroxetine (Seroxat).

Pacjent otrzymał 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/Kohll (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/Kohll)

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/Kohll (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/Kohll ítélet)

A kezelőorvos előírta gyógyszeres kezelés megfelel a/az paroxetine (Seroxat) csökkentését irányzó 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/Kohll 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/Kohll)

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.

Το 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) Hüvitamine on kooskõlas Euroopa Kohtu otsustega C-120/95 ja C-158/96 (Decker/Kohlli otsused)

© diazepam (Valium)

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 redukci 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 skladu 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/Kohll (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 razsodbama C-120/95 in C-158/96 Sodišča Evropske unije (sodba v primeru Decker/Kohll)

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

Pacient 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 Kompensāšana 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.

Information about taperingstrips can be found on the User Research Center of Maastricht University website www.taperingstrip.org

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