

Water Titration Supplies & Instructions

Before you begin you need a few supplies to measure properly. The graduated cylinder measured in milliliters is perhaps the most important tool.

555-250 250ml cylinder	http://pharmex.com/osb/itemdetails.cfm?ID=626 \$8.15
Personal Power Mixer/Blender	\$9.95 (runs on batteries) and I bought the AC adapter for \$4.49
Blender:	http://www.bodybuilding.com/store/ontel/mixer.html
MS75222 mortar & pestle	http://pharmex.com/osb/itemdetails.cfm?ID=1391 \$6.99

You need a funnel, which you may have in your kitchen, and a plastic syringe marked in milliliters that is available free at the pharmacy. It holds 10 mls.

What is Titration?

Titration is merely mixing your pill with water to allow you to precisely measure your dose. Then you slowly reduce your dose every day, instead of cutting pills every two weeks. This method allows your body to adjust to the reductions in a very subtle and gentle way and allows you to have greater control over the rate of your taper.

Why use the Water Titration Method?

Taper rates are dictated by the brain's ability to adjust to the absence of the drug. This rate varies from individual to individual depending on their health, dosage, duration they have been on benzodiazepines, and other factors. Tapering in as small an increment as possible is the safest method, and titration provides the ability to control the taper by minute amounts.

Benzos are powerful drugs. A controlled titration minimizes withdrawal symptoms.

Using the water titration method you can... obtain smaller daily cuts, taper from any benzodiazepine, and adjust your taper rate to suite your individual tolerance.

How do I get a schedule?

If you own or have access to Microsoft Excel, you may create and adjust your own schedules using the "water titration spreadsheet" program. Otherwise you may choose from a variety of sample schedules in this section. Please refer to the sample schedule documentation to determine which schedule would be best for you.

The information contained in this document comes from the personal experience of laypeople and is not intended to constitute medical advice. Do not attempt to stop or taper benzodiazepines without first consulting a doctor.

Preparing Your Dose

- 1) Please refer to the spreadsheet program and instructions to determine how much water you will use to mix with your pill and how much you will "toss" down the drain
- 2) Pour the amount of water stated in the spreadsheet into the 250 ml cylinder
- 3) Crush your pill into a fine powder in the mortar or bowl
- 4) Pour a small amount of the water from your cylinder into the bowl and stir with the pestle (or spoon)
- 5) Place the funnel into the top of the blender and pour your "drug water" into the blender
- 6) Pour more water from the cylinder into the bowl, rinse all drug residue, and pour into blender
- 7) Pour any remaining water from cylinder into blender and spin for 20 to 30 seconds
- 8) Remove the amount of drug water stated in the spreadsheet using the plastic syringe or, for larger amounts, by pouring the amount stated back into the cylinder. Toss it down the drain - cheering all the way!
- 9) Drink the remaining "drug water" from the blender, add a little more water, swish, and drink to get residue
- 10) Check off the date on your spreadsheet and you're DONE!

Some Tips

- You must be stable on your dose before starting your taper and hold when necessary to remain stable.
- Be sure to have a continuing supply of the benzo you are taking.
- Eat something (a few tablespoons of yogurt, some crackers, etc) before taking any medications.
- Try to keep a journal next to your bed. Record anything unusual during the day - stress, etc.
- Be sure to pace your taper to be under 1%, at least in the first few weeks to judge how fast or slow your body will tolerate the titration. Slow and easy = SUCCESS!! This is not a race!!
- Please refer to the Water Titration Taper Schedule Manual for tips if you take multiple daily doses
- To use liquid Valium, you can prepare your dose simply by mixing the liquid Valium directly with the amount of water required (from Step 1 above) in the blender and spinning for 20 to 30 seconds. Omit Steps 3 through 7 and proceed to Step 8. Please note that with liquid Valium there is no dry dose. Your daily dose is strictly the "Dissolve Dose."

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If you have further questions, please contact:

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