

Instructions for increasing or decreasing your medication gradually

Instructions for taking _____

- When you start taking this medication you begin with a low dose. The amount you take is slowly increased. Starting low and slowly increasing helps to reduce side effects such as drowsiness, fatigue or dizziness.
- Do not stop this medication suddenly. Slowly decreasing helps prevent medical problems.

Contact your pharmacist if you have any questions about your medication.

Dose/tablets	How often	When	How long
			___ weeks
			___ weeks
			___ weeks

- Increase by _____ tablets a week.

If you have side effects after increasing go back to the amount you were taking the previous week.

- Decrease by _____ tablets a week.

Contact your doctor or seek medical help if you experience any medical problems.

Instructions for increasing (or decreasing) your medication gradually

Week	Date	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1								
2								
3								
4								

Week	Date		Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1		am							
		pm							
2		am							
		pm							
3		am							
		pm							
4		am							
		pm							