

## Who are Codeinefree?

Codeinefree is a not for profit group set up in September 2005 to help people with codeine dependency. It's primary focus is threefold:

- 1) Provide non judgemental help information and advice to people with a codeine dependency.
- 2) Provide access to healthcare professionals who understand.
- 3) Raise the profile and awareness to codeine dependency to the general public and medical profession.

Codeinefree is working to provide more ways to help reach people with help and information.



*Codeinefree is a not-for-profit organisation run by people who understand Over-The-Counter dependency first hand.*

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## What is a taper plan?



**Remember, you are not alone!**

**Pro-active about stopping!**

[www.codeinefree.me.uk](http://www.codeinefree.me.uk)

## What is a Taper Plan?

A taper plan or, slow taper, is a way of coming off codeine which minimises the withdrawal side effects.



*Remember to set yourself a realistic target.*

This method offers quite a high success rate if you have a low to medium daily intake of tablets. If, however, you have a high daily intake, you might want to consider substitute therapy that your GP can assist you with.

## Working out your plan

Basically, all you need to do is to sit down and work out your average daily intake of tablets. Start by asking yourself "Is this the minimum I can take?".

If you take 15 tablets/day, ask yourself if you could start on 10 or 12. Also give consideration on how quickly or slowly you want to taper down. You could drop one tablet a week, 1/2 tablet twice weekly, 1/2 tablet per week, just decide on what you are comfortable with.



*Consider swapping to cheaper generics as these will save you money.*

## An example plan

*If you take 8 tablets a day and want to reduce at the rate of 1 tablet/week:-*

*Week 1 - 8 tablets per day*

*Week 2 - 7 tablets per day*

*Week 3 - 6 tablets per day*

*Week 4 - 5 tablets per day*

*Week 5 - 4 tablets per day - Treat yourself to a reward - You deserve it!*

Week 6 - 3 tablets per day  
Week 7 - 2 tablets per day  
Week 8 - 1 tablets per day  
Week 9 - Codeine Free!!!!

Obviously, this is a generalisation and you need to give consideration to what you are taking. eg. If you are taking two products then you need to consider this when working out your plan, in particular your daily intake.



*Just don't cheat!  
This will make your next drop much harder.*

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