

Topamax Reduction Method

Please make sure you are taking the standard and NOT the time released pills! Time release pill cannot be cut!

When you take a drug that affects the brain in any way—all migraine drugs do!—please note that **stopping it or reducing the drug fast can cause seizures and extreme pain. It can land you in the ER. So please follow the following guidelines I write down per week.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full dose	Reduce by one quarter	Full dose	Full dose	Full dose	Full dose	Full dose

Keep this one pill reduction per week for as long as you return to comfort zone plus 1 week. After:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full dose	Reduce by one quarter	Full dose	Reduce by one quarter	Full dose	Full dose	Full dose

Continue with the 2 pill-reduction by a quarter until you are completely back to normal plus one week! This may take several weeks, depending on the medicine you are reducing! Once you are completely OK, continue:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full dose	Reduce by one quarter	Full dose	Reduce by one quarter	Full dose	Reduce by one quarter	Full dose

Continue with the 3 pill-reduction for several weeks until you are totally comfortable plus 1 week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reduce by one quarter	Reduce by one quarter	Full dose	Reduce by one quarter	Full dose	Reduce by one quarter	Full dose

Continue with the 4 pill-reduction until completely comfortable plus one week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reduce by one quarter	Reduce by one quarter	Full dose	Reduce by one quarter	Reduce by one quarter	Reduce by one quarter	Full dose

Continue with the 5 pill-reduction until completely comfortable plus one week. We may be talking months now for full comfort!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reduce by one quarter	Reduce by one quarter	Full dose	Reduce by one quarter	Reduce by one quarter	Reduce by one quarter	Reduce by one quarter

Continue with the 6 pill-reduction until completely comfortable plus one week. We may be talking months now for full comfort!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reduce by one quarter	Reduce by one quarter	Reduce by one quarter	Reduce by one quarter	Reduce by one quarter	Reduce by one quarter	Reduce by one quarter

Continue with the 7 pill-reduction until completely comfortable plus one week. We may be talking months now for full comfort!

Star all over reducing a little more from one pill at the time as above until all pills are gone. This process may take a year or more! Please do not rush! It can get you hurt.