

Tapering plan for fluoxetine – ‘Slower’ taper

This plan gives step-by-step instructions to slowly decrease and stop antidepressants. Following a plan like this can help to minimise antidepressant withdrawal symptoms. **Take this tapering plan to discuss with your doctor.**

- Aim to reduce your antidepressant dose every **2-4 weeks**. The tapering speed is **flexible** – you can pause, go more slowly or more quickly depending on any withdrawal symptoms you may experience.
- If you **experience withdrawal symptoms, you can return to your previous dose for symptom relief. When ready**

Availability: Fluoxetine (Prozac, Fluotex, Lovan, Prozet, Zactin) is available in 20mg capsules and 20mg dispersible scored tablets. Mini doses are available in capsules on prescription from a compounding chemist or making your own liquid suspension following the instructions below.

Step	Daily dose	Taper using Liquid or Capsules		Date (I started this step)	Tick when completed	
		Liquid option (1mg/ml)	Capsules option			
1.	40mg	2 x 20mg tablet				
2.	20mg	1 x 20mg tablet				
3.	15mg	½ x 20mg tablet & 5ml liquid	½ x 20mg tablet & 1 x 5mg capsule			
4.	10mg	½ x 20mg tablet				
5.	7mg	7ml liquid	1 x 5mg capsule & 1 x 2mg capsule			
6.	5mg	5ml liquid	1 x 5mg capsule			
7.	4mg	4ml liquid	2 x 2mg capsules			
8.	3mg	3ml liquid	3 x 1mg capsules			
9.	2.5mg	2.5ml liquid	1 x 2mg capsule & 2 x 0.25mg capsules			
10.	2mg	2ml liquid	1 x 2mg capsule			
11.	1.5mg	1.5ml liquid	1 x 1mg capsule & 2 x 0.25mg capsules			
12.	1mg	1ml liquid	1 x 1mg capsule			
13.	0.75mg	0.75ml liquid	3 x 0.25mg capsules			
14.	0.5mg	0.5ml liquid	2 x 0.25mg capsules			
15.	0.25mg	0.25ml liquid	1 x 0.25mg capsule			
16.	STOP					

These steps are most important.
Do not skip.

Acknowledgement: Dr Mark Horowitz for guidance on dosing schedule (see Maudsley Deprescribing Guidelines for more information). 2 Mar 2026

Pharmaceutical guidance advises that fluoxetine tablets can be crushed and dispersed in water for administration. eMIMS: <https://app-emimselite-com.ap1.proxy.openathens.net/Drtc?id=183> UK NEWT guidelines, NHS pharmaceutical guidance. www.sps.nhs.uk/articles/ssri-suggestions-for-adults-with-swallowing-difficulties/

Video demonstrating how to crush and disperse tablets, and measure liquid: www.medicinesforchildren.org.uk/advice-guides/giving-medicines/part-dose-of-a-tablet-or-capsule/.

Is it withdrawal or relapse?

The body adapts to being on antidepressants and, when stopping, must re-adapt. This takes time and is why hyperbolic tapering may be necessary.

Antidepressant withdrawal symptoms are common, particularly if you have been taking antidepressants for a long time or at higher doses. You may be feeling anxious, irritable and tearful and wondering whether you are experiencing withdrawal symptoms or relapse.

Antidepressant withdrawal symptoms

Emotional	anxiety/nervousness, worsened mood, irritability, bouts of crying, mood swings, anger outbursts, feelings of panic
Physical	dizziness/light-headedness, fatigue/tiredness, sensation of spinning/vertigo, insomnia, agitation, feeling of inner restlessness, brain 'zaps' or electric shock sensations, headache, rapid heartbeat, nausea, diarrhoea, muscle cramps, unsteady gait, tinnitus
Cognitive	brain fog, increased sensitivity to light or sound, memory problems, vivid dreams

Distinguishing withdrawal from relapse

Maintain a high index of suspicion. A good rule of thumb is that if new symptoms appear when you are decreasing your dose then 'the symptoms are likely to be withdrawal until proven otherwise'.

If you are experiencing physical symptoms, such as dizziness or light-headedness, that were never part of your original problem then you are likely experiencing withdrawal symptoms.

If your symptoms are relieved on reverting to a higher dose, then it is likely to be withdrawal.

Generally, relapse (depression or anxiety) takes longer to manifest and to respond to treatment.

For supporting evidence and further information see www.releasetoolkit.com.au or [click here](#) or scan below



How long do withdrawal symptoms last?

Withdrawal symptoms often gradually subside over weeks, reflecting the time that it takes for the brain and body to adapt to being without antidepressants (not the antidepressant half-life). Unfortunately, for some people, withdrawal symptoms can be severe and protracted.

How to relieve withdrawal symptoms

Returning to your previous dose will often relieve symptoms. When ready to try again, decrease your dose even more slowly, making smaller reductions and leaving longer between reductions, for example reducing dose by 2.5-5% every few weeks or months.

How to minimise withdrawal symptoms

The best way to minimise withdrawal symptoms is by slowly decreasing your dose, through to very low doses. This can take many months. You may think that the low doses in hyperbolic tapering are not needed, but small dose changes can have large effects. Do NOT skip the second half of the tapering plan. Do NOT skip a day or alternate days or doses, and do not suddenly stop.

Build a support team around you, as you may not recognise withdrawal symptoms in yourself. Look after yourself. Try physical activity and relaxation, sleep and eat well, limit alcohol and other drugs.

Why stop antidepressants?

For the health and quality of life benefits. You may feel more alert and energetic and you may begin to feel your emotions again. You may find it easier to manage your weight, and your sexual functioning may improve. You may prefer living your life free of antidepressant medication.

There are benefits in reducing your dose, even if you cannot stop. It is not a failure if you do not manage to stop. You can always try again at some point in the future, tapering even more slowly.

