

When You Want to Stop Taking It

Getting your reasons clear so you can raise it with your prescriber.

WHEN TO USE THIS

Use this when you have been thinking about stopping.

Do not change or stop anything on your own. Bring this page to your prescriber and work it out together.

What is making you want to stop?

Be honest about both sides.

REASONS TO STOP

REASONS TO KEEP GOING

What will you say to your prescriber, in one sentence?

When is your next appointment, and can you get in sooner?

Wanting to stop is worth saying out loud, to the person who can help you do it safely.