

Started 20mg Paxil 2006 due to postpartum depression- went to
10 mg no problem in 2008 -
May 2014 10 mg alternating days 7.25 mg-
July 2014 7.25 every day
September 2014 7.25 alternating days 5 mg-
November 2014 5 mg day
January 1 2015 back up to 10 mg -
April 23, 2015 15mg
May 13, 2015 20mg
September 2015 - August 7, 2016 tapered from 20mg to 10mg ----
October 13 2016- August 2017 stayed at - 10mg -
August 2017- October 2017 was at 9mg -
October 17- December 21 was at 8mg ;
December 21, 2017 at 7.8mg ;
March 2018 7.75
September 3.3 off 10mg tablet
October 2018, 3.5 off 10mg tablet
November 2018 3.7 off 10mg tablet
January 2019, got bad.....
February 9, 2019 took 3.4 off 10mg tablet
March 1, 2019 took 3.3 off 10mg tablet, trying to stabilize

*****Throughout my taper, it's always been a consistent amount that I shave pills and weight it. The 10mg of Paxil weighs on average 12.5mg. So I never really know how much I am taking, just how much is taken off. This method works for me, I know 3.125 off a pill is a 7.5mg dosage.