

Opioid Tapering Worksheet

Clinical Documentation Report

Patient Information			Prescriber Information		
Surname	Given Name		Name		
Date of Birth	OHIP Number		Office Telephone	Fax Number	
Address			Address		
City	Postal Code	Telephone	City	Postal Code	CPSO #:
Other Relevant Information					

Requested Tapering Plan

Date	Drug	Instructions
Continue taper to lowest effective dose.		
Frequent follow up with the physician is recommended for the patient. The quantity requested may be limited to suffice for only 2-4 weeks.		



Prescriber Review and Comments

Pharmacy Information	
Name	
Phone Number	Fax Number
Address	
Date/Time of Transmission to Prescriber	

Recommending Pharmacist	OCP #	Date
Authorizing Prescriber Signature	CPSO #	Date

Steps for a Slow Taper

Note: The option described here applies to patients who are tapering off one opioid drug only and are using the same drug for tapering. Please consult Therapeutic Options Opioid Switching and Tapering in the Chronic Pain Patient Part 2 for additional detail.

Example: Oxycodone CR 30mg BID (twice daily).^{1,2}

1. Select the opioid formulation and dosing interval to be used.

To assist with adherence to the tapering plan, consider switching patients from immediate release opioids to controlled release opioids with scheduled doses and a constant dosing interval (scheduled doses are preferred over "as-needed" [PRN] doses).

2. Determine current total opioid doses taken each day, including an average of the PRN doses taken of the original opioid.

Dose x Frequency = Total Dose / day

e.g., 30mg x 2 = 60mg/day

3. If different formulations of the same opioid are being used, add together the individual values of dose/day to calculate a cumulative total dose/day.

4. Calculate dose reduction range using the recommended reduction for slow tapering: **5-10% of the total daily dose.**

e.g., 60mg x 0.05 = 3mg

60mg x 0.10 = 6mg

To comply with oxycodone CR strengths, a reduction of 5mg is reasonable and falls within the calculated reduction range of 3 – 6mg.

5. Implement a dose reduction interval to obtain the lowest effective opioid dose for the patient.

Dose reductions can occur every 2-4 weeks depending on patient tolerance and/or presence of withdrawal symptoms; frequent follow-up is required.

Example of Tapering Plan

Date	Drug	Instructions
Current dose:	Oxycodone CR	30mg AM + 30mg PM
Weeks 1-2	Oxycodone CR	25mg AM + 30mg PM
Weeks 3-4	Oxycodone CR	25mg AM + 25mg PM
Weeks 5-6	Oxycodone CR	20mg AM + 25mg PM
Weeks 7-8	Oxycodone CR	20mg AM + 20mg PM
Weeks 9-10	Oxycodone CR	15mg AM + 20mg PM
Weeks 11-12	Oxycodone CR	15mg AM + 15mg PM

Continue taper to lowest effective dose.

Strength and quantity of medication requested: Request 10mg and 15mg oxycodone CR tablets as required based on the calculated dosing.

(Note: Tapering plans should be individualized for the patient. There is insufficient evidence to support a universal dose reduction schedule. Incremental dose reductions of <5% may be needed for patients who require a slower taper.)

Steps

1. Select opioid formulation	Opioid Name:				
2. Determine current total opioid doses taken each day, including an average of the “as-needed” doses taken of the original opioid		Long-Acting		Short-Acting	
	Name				
	Dose		mg		mg
	Frequency				
	Total Dose / day		mg/day		mg/day
3. Add together the individual values of dose/day to calculate a cumulative total dose/day.	Culmulative Total Dose / day		mg/day		
4. Using the mg/day total dose value, calculate a dose reduction range to help select a dose to be used for tapering.	5% reduction		mg/day	x 0.05 =	mg/day
	10% reduction		mg/day	x 0.10 =	mg/day
	Selected dose reduction amount		mg/day		
5. Select a dose reduction interval that the patient is comfortable with to obtain the lowest effective opioid dose.					

References

1. McMaster University Michael G DeGroote National Pain Centre. 2017. Canadian Guideline for Opioids for Chronic Non-Cancer Pain. [PDF File] Available at: http://nationalpaincentre.mcmaster.ca/documents/Opioid%20GL%20for%20CMAJ_01may2017.pdf
2. Centre for Effective Practice. February 2018. Opioid Tapering Template. Accessed Jan 15, 2019. Available at: <https://cep.health/clinical-products/opioid-tapering-template>