

6) (A) Total Treatment Duration – Monthly Breakdown (Dr. X)

Month / Year	Period	No. of Days	Required Doses (No. of days x 3)
Jul 2000	5 <sup>th</sup>	1/3 of a day	1
Jul 2000	6 <sup>th</sup> ~ 31 <sup>st</sup>	26	78
Aug 2000	1 <sup>st</sup> ~ 31 <sup>st</sup>	31	93
Sep 2000	1 <sup>st</sup> ~ 30 <sup>th</sup>	30	90
Oct 2000	1 <sup>st</sup> ~ 31 <sup>st</sup>	31	93
Nov 2000	1 <sup>st</sup> ~ 30 <sup>th</sup>	30	90
Dec 2000	1 <sup>st</sup> ~ 31 <sup>st</sup>	31	93
Jan 2001	1 <sup>st</sup> ~ 21 <sup>st</sup>	21	63
Jan 2001	22 <sup>nd</sup>	1	2
Total Treatment Duration & Required Doses		201 1/3 days	604

NB: The consultations were in the afternoons, so July 5<sup>th</sup> can only be counted as 1/3 of a day.

7) (B) Actual Number of Prescriptions and Doses (Dr. X)

Prescription Number	Prescription Date	Prescription Day	Actual Days Worth	Actual Doses
1	July 5 <sup>th</sup> , 2000	Wednesday	14	42
2	July 19 <sup>th</sup> , 2000	Wednesday	30	90
3	August 21 <sup>st</sup> , 2000	Monday	30	90
4	September 18 <sup>th</sup> , 2000	Monday	30	90
5	October 20 <sup>th</sup> , 2000	Friday	30	90
6	November 24 <sup>th</sup> , 2000	Friday	30	90
7	December 25 <sup>th</sup> , 2000	Monday	30	90
Total Number of Doses			194	582

8) (C) Comparison (Dr. X)

Total Treatment Duration & Required Doses	201 1/3 days	604 required doses
Total Actual Number of Doses	194 days	582 doses
Total Dosage Shortfall	-7 1/3 days	-22 doses

- 9) We can see by comparing (A) “Total Treatment Duration” with (B) “Actual Number of Prescriptions and Doses” that the dosage amounts would have fallen short by 22 doses during the 201 1/3 days of treatment.
- 10) I know that I was unable to go without the drugs so the following breakdowns look at possible ways that would have seen me make it through. Dr. Judson outlined these following possibilities in his third report:
1. The commencement of prescriptions incrementally
  2. Accruing dosage surpluses from previous prescriptions (Aug)
  3. Accrue ment of surplus due to forgotten doses during the early stages of treatment
  4. Left over doses from attempts at reduction

NB: According to Dr. Judson, my ability to miss doses would have decreased with time as my dependency progressed and so this has also been taken into consideration. Also, I have started the count for each new prescription with the evening dose on consultation days. This is because my consultations were mainly in the afternoon, and therefore, I would have used doses from the end of the previous prescription for the morning and afternoon on consultation days.

### Prescription Details

Prescription	Date	Day	No. of Days Worth	Doses	Doctor
No.1	Jul 5 <sup>th</sup> , 2000	Wednesday	14	42	Dr. X

### Actual Dosages

Mth	Date	Day	Morn	Noon	Night	Dzm	No.	Notes
Jun	30 <sup>th</sup>	Fri						1 <sup>st</sup> Consultation (no prescriptions)
Jul	1 <sup>st</sup>	Sat						
Jul	2 <sup>nd</sup>	Sun						
Jul	3 <sup>rd</sup>	Mon						
Jul	4 <sup>th</sup>	Tue						
Jul	5 <sup>th</sup>	Wed			<del>(1) 1</del>		(1/3)	← 2 <sup>nd</sup> Consultation 1 <sup>st</sup> Prescription
Jul	6 <sup>th</sup>	Thu	(1) 2	<del>(1) 3</del>	<del>(1) 4</del>	07mg	1	
Jul	7 <sup>th</sup>	Fri	(1) 5	<del>(1) 6</del>	<del>(1) 7</del>	07mg	2	I intentionally began my prescriptions incrementally to allow my body to adapt. This is something I was encouraged to do since childhood. Also, I never start medication at night.
Jul	8 <sup>th</sup>	Sat	(1) 8	<del>(1) 9</del>	<del>(1) 10</del>	07mg	3	
Jul	9 <sup>th</sup>	Sun	(1) 11	(1) 12	<del>(1) 13</del>	14mg	4	
Jul	10 <sup>th</sup>	Mon	(1) 14	(1) 15	<del>(1) 16</del>	14mg	5	
Jul	11 <sup>th</sup>	Tue	(1) 17	(1) 18	<del>(1) 19</del>	14mg	6	
Jul	12 <sup>th</sup>	Wed	(1) 20	(1) 21	(1) 22	21mg	7	
Jul	13 <sup>th</sup>	Thu	(1) 23	(1) 24	(1) 25	21mg	8	
Jul	14 <sup>th</sup>	Fri	(1) 26	(1) 27	(1) 28	21mg	9	
Jul	15 <sup>th</sup>	Sat	(1) 29	(1) 30	(1) 31	21mg	10	
Jul	16 <sup>th</sup>	Sun	(1) 32	(1) 33	(1) 34	21mg	11	
Jul	17 <sup>th</sup>	Mon	(1) 35	<del>(1) 36</del>	(1) 37	14mg	12	<i>Random e.g. of forgotten dose</i>
Jul	18 <sup>th</sup>	Tue	(1) 38	(1) 39	(1) 40	21mg	13	
Jul	19 <sup>th</sup>	Wed	(1) 41	(1) 42	(2) 1	21mg	14	← 3 <sup>rd</sup> Consultation 2 <sup>nd</sup> Prescription Following about 2 weeks of treatment I noticed some initial settling of symptoms, i.e. dizziness, anxiety (over my undiagnosed vertigo attack). NB: Dr. Judson suggests that this was possibly due to the initial sedative effects of the benzodiazepines.

<u>Potential</u> Carry-over Surplus	0	(n/a)
<u>Actual</u> Surplus for Prescription 1	0	
<u>Actual</u> Deficit for Prescription 1	0	
<u>Potential</u> Surplus for Prescription 1	11+	(Intended gradual adaptation dosing &
Total <u>Potential</u> Surplus after Prescription 1	11+	possible forgotten doses at random)

## Prescription Details

Prescription	Date	Day	No. of Days Worth	Doses	Doctor
No.2	Jul 19 <sup>th</sup> , 2000	Wednesday	30	90	Dr. X

## Actual Dosages

Mth	Date	Day	Morn	Noon	Night	Dzm	No.	Notes
Jul	20 <sup>th</sup>	Thu	(2) 2	(2) 3	(2) 4	21mg	15	(Public Holiday)
Jul	21 <sup>st</sup>	Fri	(2) 5	(2) 6	(2) 7	21mg	16	
Jul	22 <sup>nd</sup>	Sat	<del>(2) 8</del>	(2) 9	(2) 10	14mg	17	<i>Random e.g. of forgotten dose</i>
Jul	23 <sup>rd</sup>	Sun	(2) 11	(2) 12	(2) 13	21mg	18	
Jul	24 <sup>th</sup>	Mon	(2) 14	(2) 15	(2) 16	21mg	19	
Jul	25 <sup>th</sup>	Tue	(2) 17	<del>(2) 18</del>	(2) 19	14mg	20	<i>Random e.g. of forgotten dose</i>
Jul	26 <sup>th</sup>	Wed	(2) 20	(2) 21	(2) 22	21mg	21	
Jul	27 <sup>th</sup>	Thu	(2) 23	(2) 24	(2) 25	21mg	22	
Jul	28 <sup>th</sup>	Fri	(2) 26	<del>(2) 27</del>	(2) 28	14mg	23	<i>Random e.g. of forgotten dose</i>
Jul	29 <sup>th</sup>	Sat	(2) 29	(2) 30	(2) 31	21mg	24	
Jul	30 <sup>th</sup>	Sun	(2) 32	(2) 33	(2) 34	21mg	25	
Jul	31 <sup>st</sup>	Mon	(2) 35	(2) 36	(2) 37	21mg	26	
Aug	1 <sup>st</sup>	Tue	(2) 38	(2) 39	(2) 40	21mg	27	
Aug	2 <sup>nd</sup>	Wed	(2) 41	(2) 42	(2) 43	21mg	28	
Aug	3 <sup>rd</sup>	Thu	(2) 44	(2) 45	(2) 46	21mg	29	
Aug	4 <sup>th</sup>	Fri	(2) 47	(2) 48	(2) 49	21mg	30	← 4 <sup>th</sup> Consultation
Aug	5 <sup>th</sup>	Sat	(2) 50	(2) 51	(2) 52	21mg	31	(no prescriptions)
Aug	6 <sup>th</sup>	Sun	(2) 53	(2) 54	(2) 55	21mg	32	NB: No significant change in cond.
Aug	7 <sup>th</sup>	Mon	<del>(2) 56</del>	(2) 57	(2) 58	14mg	33	<i>Random e.g. of forgotten dose</i>
Aug	8 <sup>th</sup>	Tue	(2) 59	(2) 60	(2) 61	21mg	34	
Aug	9 <sup>th</sup>	Wed	(2) 62	(2) 63	(2) 64	21mg	35	
Aug	10 <sup>th</sup>	Thu	<del>(2) 65</del>	(2) 66	(2) 67	14mg	36	<i>Random e.g. of forgotten dose</i>
Aug	11 <sup>th</sup>	Fri	(2) 68	(2) 69	(2) 70	21mg	37	
Aug	12 <sup>th</sup>	Sat	(2) 71	(2) 72	(2) 73	21mg	38	
Aug	13 <sup>th</sup>	Sun	(2) 74	(2) 75	(2) 76	21mg	39	
Aug	14 <sup>th</sup>	Mon	(2) 77	(2) 78	(2) 79	21mg	40	
Aug	15 <sup>th</sup>	Tue	(2) 80	<del>(2) 81</del>	(2) 82	14mg	41	<i>Random e.g. of forgotten dose</i>
Aug	16 <sup>th</sup>	Wed	(2) 83	(2) 84	(2) 85	21mg	42	
Aug	17 <sup>th</sup>	Thu	(2) 86	(2) 87	(2) 88	21mg	43	
Aug	18 <sup>th</sup>	Fri	(2) 89	(2) 90	(2) -1	21mg	44	
Aug	19 <sup>th</sup>	Sat	(2) -2	(2) -3	(2) -4	21mg	45	
Aug	20 <sup>th</sup>	Sun	(2) -5	(2) -6	(2) -7	21mg	46	
Aug	21 <sup>st</sup>	Mon	(2) -8	(2) -9	(3) 1	21mg	47	5 <sup>th</sup> Consultation 3 <sup>rd</sup> Prescription

Potential Carry-over Surplus	11+	(From Prescription 1)
Actual Surplus for Prescription 2	0	
Actual Deficit for Prescription 2	9-	
Potential Surplus for Prescription 2	6+	(Examples of possible forgotten doses – at random)
Total Potential Surplus after Prescription 2	8+	

## Prescription Details

Prescription	Date	Day	No. of Days Worth	Doses	Doctor
No.3	Aug 21 <sup>st</sup> , 2000	Monday	30	90	Dr. X

## Actual Dosages

Mth	Date	Day	Morn	Noon	Night	Dzm	No.	Notes
Aug	22 <sup>nd</sup>	Tue	(3) 2	(3) 3	(3) 4	21mg	48	
Aug	23 <sup>rd</sup>	Wed	(3) 5	<del>(3) 6</del>	(3) 7	14mg	49	<i>Random e.g. of forgotten dose</i>
Aug	24 <sup>th</sup>	Thu	(3) 8	(3) 9	(3) 10	21mg	50	Following about 1.5 months I had continuing, worsening and some new symptoms (see article 1.4.6 of Dr. Judson's first report). New symptoms included palpitations and loss in appetite. I reported this to Dr. X on the 19 <sup>th</sup> both verbally and in writing. (TN: Should have been 21 <sup>st</sup> (Aug)  NB: Dr. Judson suggests that this is consistent with the early stages of tolerance.
Aug	25 <sup>th</sup>	Fri	(3) 11	(3) 12	(3) 13	21mg	51	
Aug	26 <sup>th</sup>	Sat	(3) 14	(3) 15	(3) 16	21mg	52	
Aug	27 <sup>th</sup>	Sun	<del>(3) 17</del>	(3) 18	(3) 19	14mg	53	
Aug	28 <sup>th</sup>	Mon	(3) 20	(3) 21	(3) 22	21mg	54	
Aug	29 <sup>th</sup>	Tue	(3) 23	(3) 24	(3) 25	21mg	55	
Aug	30 <sup>th</sup>	Wed	(3) 26	<del>(3) 27</del>	(3) 28	14mg	56	
Aug	31 <sup>st</sup>	Thu	(3) 29	(3) 30	(3) 31	21mg	57	
Sep	1 <sup>st</sup>	Fri	(3) 32	(3) 33	(3) 34	21mg	58	
Sep	2 <sup>nd</sup>	Sat	(3) 35	(3) 36	(3) 37	21mg	59	
Sep	3 <sup>rd</sup>	Sun	(3) 38	(3) 39	(3) 40	21mg	60	
Sep	4 <sup>th</sup>	Mon	(3) 41	(3) 42	(3) 43	21mg	61	
Sep	5 <sup>th</sup>	Tue	(3) 44	(3) 45	(3) 46	21mg	62	
Sep	6 <sup>th</sup>	Wed	(3) 47	(3) 48	(3) 49	21mg	63	
Sep	7 <sup>th</sup>	Thu	(3) 50	(3) 51	(3) 52	21mg	64	
Sep	8 <sup>th</sup>	Fri	<del>(3) 53</del>	(3) 54	(3) 55	14mg	65	<i>Random e.g. of forgotten dose</i>
Sep	9 <sup>th</sup>	Sat	(3) 56	(3) 57	(3) 58	21mg	66	
Sep	10 <sup>th</sup>	Sun	(3) 59	(3) 60	(3) 61	21mg	67	
Sep	11 <sup>th</sup>	Mon	(3) 62	(3) 63	(3) 64	21mg	68	
Sep	12 <sup>th</sup>	Tue	(3) 65	(3) 66	(3) 67	21mg	69	
Sep	13 <sup>th</sup>	Wed	(3) 68	(3) 69	(3) 70	21mg	70	
Sep	14 <sup>th</sup>	Thu	(3) 71	(3) 72	(3) 73	21mg	71	
Sep	15 <sup>th</sup>	Fri	(3) 74	(3) 75	(3) 76	21mg	72	(Public Holiday)
Sep	16 <sup>th</sup>	Sat	(3) 77	(3) 78	(3) 79	21mg	73	
Sep	17 <sup>th</sup>	Sun	(3) 80	(3) 81	(3) 82	21mg	74	
Sep	18 <sup>th</sup>	Mon	(3) 83	(3) 84	(4) 1	21mg	75	6 <sup>th</sup> Consultation 4 <sup>th</sup> Prescription

Potential Carry-over Surplus	8+	(From Prescriptions 1, 2)
Actual Surplus for Prescription 3	6+	
Actual Deficit for Prescription 3	0	
Potential Surplus for Prescription 3	4+	(Examples of possible forgotten doses – at random)
Total Potential Surplus after Prescription 3	18+	

## Prescription Details

Prescription	Date	Day	No. of Days Worth	Doses	Doctor
No.4	Sep 18 <sup>th</sup> , 2000	Monday	30	90	Dr. X

## Actual Dosages

Mth	Date	Day	Morn	Noon	Night	Dzm	No.	Notes
Sep	19 <sup>th</sup>	Tue	(4) 2	(4) 3	(4) 4	21mg	76	I started to feel concerned that I was not making any recovery, rather my condition was deteriorating.
Sep	20 <sup>th</sup>	Wed	(4) 5	(4) 6	(4) 7	21mg	77	
Sep	21 <sup>st</sup>	Thu	(4) 8	(4) 9	(4) 10	21mg	78	
Sep	22 <sup>nd</sup>	Fri	(4) 11	(4) 12	(4) 13	21mg	79	
Sep	23 <sup>rd</sup>	Sat	(4) 14	(4) 15	(4) 16	21mg	80	(Public Holiday)
Sep	24 <sup>th</sup>	Sun	(4) 17	(4) 18	(4) 19	21mg	81	
Sep	25 <sup>th</sup>	Mon	(4) 20	(4) 21	(4) 22	21mg	82	
Sep	26 <sup>th</sup>	Tue	(4) 23	(4) 24	(4) 25	21mg	83	
Sep	27 <sup>th</sup>	Wed	<del>(4) 26</del>	(4) 27	(4) 28	14mg	84	<i>Random e.g. of forgotten dose</i>
Sep	28 <sup>th</sup>	Thu	(4) 29	(4) 30	(4) 31	21mg	85	
Sep	29 <sup>th</sup>	Fri	(4) 32	(4) 33	(4) 34	21mg	86	
Sep	30 <sup>th</sup>	Sat	(4) 35	(4) 36	(4) 37	21mg	87	
Oct	1 <sup>st</sup>	Sun	(4) 38	(4) 39	(4) 40	21mg	88	
Oct	2 <sup>nd</sup>	Mon	(4) 41	(4) 42	(4) 43	21mg	89	
Oct	3 <sup>rd</sup>	Tue	(4) 44	(4) 45	(4) 46	21mg	90	
Oct	4 <sup>th</sup>	Wed	(4) 47	(4) 48	(4) 49	21mg	91	
Oct	5 <sup>th</sup>	Thu	(4) 50	(4) 51	(4) 52	21mg	92	
Oct	6 <sup>th</sup>	Fri	(4) 53	(4) 54	(4) 55	21mg	93	
Oct	7 <sup>th</sup>	Sat	(4) 56	(4) 57	(4) 58	21mg	94	
Oct	8 <sup>th</sup>	Sun	(4) 59	(4) 60	(4) 61	21mg	95	
Oct	9 <sup>th</sup>	Mon	(4) 62	(4) 63	(4) 64	21mg	96	(Public Holiday)
Oct	10 <sup>th</sup>	Tue	(4) 65	(4) 66	(4) 67	21mg	97	
Oct	11 <sup>th</sup>	Wed	(4) 68	(4) 69	(4) 70	21mg	98	
Oct	12 <sup>th</sup>	Thu	(4) 71	<del>(4) 72</del>	(4) 73	14mg	99	<i>Random e.g. of forgotten dose</i>
Oct	13 <sup>th</sup>	Fri	(4) 74	(4) 75	(4) 76	21mg	100	
Oct	14 <sup>th</sup>	Sat	(4) 77	(4) 78	(4) 79	21mg	101	
Oct	15 <sup>th</sup>	Sun	(4) 80	(4) 81	(4) 82	21mg	102	
Oct	16 <sup>th</sup>	Mon	(4) 83	(4) 84	(4) 85	21mg	103	
Oct	17 <sup>th</sup>	Tue	(4) 86	(4) 87	(4) 88	21mg	104	
Oct	18 <sup>th</sup>	Wed	(4) 89	(4) 90	(4) -1	21mg	105	
Oct	19 <sup>th</sup>	Thu	(4) -2	(4) -3	(4) -4	21mg	106	
Oct	20 <sup>th</sup>	Fri	(4) -5	(4) -6	(5) 1	21mg	107	7 <sup>th</sup> Consultation 5 <sup>th</sup> Prescription

<u>Potential</u> Carry-over Surplus	18+	(From Prescriptions 1, 2, 3)
<u>Actual</u> Surplus for Prescription 4	0	
<u>Actual</u> Deficit for Prescription 4	6-	
<u>Potential</u> Surplus for Prescription 4	2+	(Examples of possible forgotten doses – at random)
Total <u>Potential</u> Surplus after Prescription 4	14+	

## Prescription Details

Prescription	Date	Day	No. of Days Worth	Doses	Doctor
No.5	Oct 20 <sup>th</sup> , 2000	Friday	30	90	Dr. X

## Actual Dosages

Mth	Date	Day	Morn	Noon	Night	Dzm	No.	Notes
Oct	21 <sup>st</sup>	Sat	(5) 2	(5) 3	(5) 4	21mg	108	My initial feelings of anxiety over my undiagnosed vertigo attack changed in nature and came to include the development of panic attacks, intense anxiety, depression, mood swings, aggression, confusion etc.
Oct	22 <sup>nd</sup>	Sun	(5) 5	(5) 6	(5) 7	21mg	109	
Oct	23 <sup>rd</sup>	Mon	(5) 8	(5) 9	(5) 10	21mg	110	
Oct	24 <sup>th</sup>	Tue	(5) 11	(5) 12	(5) 13	21mg	111	
Oct	25 <sup>th</sup>	Wed	(5) 14	(5) 15	(5) 16	21mg	112	
Oct	26 <sup>th</sup>	Thu	(5) 17	(5) 18	(5) 19	21mg	113	
Oct	27 <sup>th</sup>	Fri	(5) 20	(5) 21	(5) 22	21mg	114	
Oct	28 <sup>th</sup>	Sat	(5) 23	(5) 24	(5) 25	21mg	115	
Oct	29 <sup>th</sup>	Sun	(5) 26	<del>(5) 27</del>	(5) 28	14mg	116	
Oct	30 <sup>th</sup>	Mon	(5) 29	(5) 30	(5) 31	21mg	117	
Oct	31 <sup>st</sup>	Tue	(5) 32	(5) 33	(5) 34	21mg	118	
Nov	1 <sup>st</sup>	Wed	(5) 35	(5) 36	(5) 37	21mg	119	
Nov	2 <sup>nd</sup>	Thu	(5) 38	(5) 39	(5) 40	21mg	120	
Nov	3 <sup>rd</sup>	Fri	(5) 41	(5) 42	(5) 43	21mg	121	(Public Holiday)
Nov	4 <sup>th</sup>	Sat	(5) 44	<del>(5) 45</del>	(5) 46	14mg	122	<i>Random e.g. of forgotten dose</i>
Nov	5 <sup>th</sup>	Sun	(5) 47	(5) 48	(5) 49	21mg	123	
Nov	6 <sup>th</sup>	Mon	(5) 50	(5) 51	(5) 52	21mg	124	Following about 4 ~ 6 months of treatment, my condition further deteriorated and I developed several more new symptoms (see article 1.4.7 of Dr. Judson's first report).  Subsequently, I tried to stop taking the drugs but was unable to do so (See next page).  NB: Dr. Judson suggests that this supports the fact my dependency had progressed from the early stages of tolerance in August to a state of being fully dependent after 4~6 months.
Nov	7 <sup>th</sup>	Tue	(5) 53	(5) 54	(5) 55	21mg	125	
Nov	8 <sup>th</sup>	Wed	(5) 56	(5) 57	(5) 58	21mg	126	
Nov	9 <sup>th</sup>	Thu	(5) 59	(5) 60	(5) 61	21mg	127	
Nov	10 <sup>th</sup>	Fri	(5) 62	(5) 63	(5) 64	21mg	128	
Nov	11 <sup>th</sup>	Sat	(5) 65	(5) 66	(5) 67	21mg	129	
Nov	12 <sup>th</sup>	Sun	(5) 68	(5) 69	(5) 70	21mg	130	
Nov	13 <sup>th</sup>	Mon	(5) 71	(5) 72	(5) 73	21mg	131	
Nov	14 <sup>th</sup>	Tue	(5) 74	(5) 75	(5) 76	21mg	132	
Nov	15 <sup>th</sup>	Wed	(5) 77	(5) 78	(5) 79	21mg	133	
Nov	16 <sup>th</sup>	Thu	(5) 80	(5) 81	(5) 82	21mg	134	
Nov	17 <sup>th</sup>	Fri	(5) 83	(5) 84	(5) 85	21mg	135	
Nov	18 <sup>th</sup>	Sat	(5) 86	(5) 87	(5) 88	21mg	136	
Nov	19 <sup>th</sup>	Sun	(5) 89	(5) 90	(5) -1	21mg	137	
Nov	20 <sup>th</sup>	Mon	(5) -2	(5) -3	(5) -4	21mg	138	
Nov	21 <sup>st</sup>	Tue	(5) -5	(5) -6	(5) -7	21mg	139	
Nov	22 <sup>nd</sup>	Wed	(5) -8	(5) -9	(5) -10	21mg	140	
Nov	23 <sup>rd</sup>	Thu	(5) -11	(5) -12	(5) -13	21mg	141	(Public Holiday)
Nov	24 <sup>th</sup>	Fri	(5) -14	(5) -15	(6) 1	21mg	142	8 <sup>th</sup> Consultation 6 <sup>th</sup> Prescription

<u>Potential</u> Carry-over Surplus	14+	(From Prescriptions 1, 2, 3, 4)
<u>Actual</u> Surplus for Prescription 5	0	
<u>Actual</u> Deficit for Prescription 5	15-	
<u>Potential</u> Surplus for Prescription 5	<u>2+</u>	(Examples of possible forgotten doses – at random)
Total <u>Potential</u> Surplus after Prescription 5	1+	

## Prescription Details

Prescription	Date	Day	No. of Days Worth	Doses	Doctor
No.6	Nov 24 <sup>th</sup> , 2000	Friday	30	90	Dr. X

## Actual Dosages

Mth	Date	Day	Morn	Noon	Night	Dzm	No.	Notes
Nov	25 <sup>th</sup>	Sat	(6) 2	(6) 3	(6) 4	21mg	143	
Nov	26 <sup>th</sup>	Sun	<del>(6) 5</del>	<del>(6) 6</del>	(6) 7	07mg	144	← E.g. of 1 <sup>st</sup> attempt at reduction (stopping) with consecutive missed doses (see article 2.5.2 of Dr. Judson's third report)
Nov	27 <sup>th</sup>	Mon	(6) 8	(6) 9	(6) 10	21mg	145	
Nov	28 <sup>th</sup>	Tue	(6) 11	(6) 12	(6) 13	21mg	146	
Nov	29 <sup>th</sup>	Wed	(6) 14	(6) 15	(6) 16	21mg	147	
Nov	30 <sup>th</sup>	Thu	(6) 17	(6) 18	(6) 19	21mg	148	
Dec	1 <sup>st</sup>	Fri	(6) 20	(6) 21	(6) 22	21mg	149	
Dec	2 <sup>nd</sup>	Sat	(6) 23	(6) 24	(6) 25	21mg	150	
Dec	3 <sup>rd</sup>	Sun	(6) 26	(6) 27	(6) 28	21mg	151	
Dec	4 <sup>th</sup>	Mon	(6) 29	(6) 30	(6) 31	21mg	152	
Dec	5 <sup>th</sup>	Tue	(6) 32	(6) 33	(6) 34	21mg	153	
Dec	6 <sup>th</sup>	Wed	(6) 35	(6) 36	(6) 37	21mg	154	
Dec	7 <sup>th</sup>	Thu	(6) 38	(6) 39	(6) 40	21mg	155	
Dec	8 <sup>th</sup>	Fri	(6) 41	(6) 42	(6) 43	21mg	156	
Dec	9 <sup>th</sup>	Sat	(6) 44	(6) 45	(6) 46	21mg	157	
Dec	10 <sup>th</sup>	Sun	(6) 47	(6) 48	(6) 49	21mg	158	
Dec	11 <sup>th</sup>	Mon	(6) 50	(6) 51	(6) 52	21mg	159	
Dec	12 <sup>th</sup>	Tue	(6) 53	(6) 54	(6) 55	21mg	160	
Dec	13 <sup>th</sup>	Wed	(6) 56	(6) 57	(6) 58	21mg	161	← Requested Re-referral from STRC Hospital to new hospital I began making enquiries about alternative treatment because I felt that something was seriously wrong with the treatment
Dec	14 <sup>th</sup>	Thu	(6) 59	(6) 60	(6) 61	21mg	162	
Dec	15 <sup>th</sup>	Fri	(6) 62	(6) 63	(6) 64	21mg	163	
Dec	16 <sup>th</sup>	Sat	(6) 65	(6) 66	(6) 67	21mg	164	
Dec	17 <sup>th</sup>	Sun	(6) 68	(6) 69	(6) 70	21mg	165	
Dec	18 <sup>th</sup>	Mon	(6) 71	(6) 72	(6) 73	21mg	166	
Dec	19 <sup>th</sup>	Tue	(6) 74	(6) 75	(6) 76	21mg	167	
Dec	20 <sup>th</sup>	Wed	(6) 77	(6) 78	(6) 79	21mg	168	
Dec	21 <sup>st</sup>	Thu	(6) 80	(6) 81	(6) 82	21mg	169	First Consultation - Dr. M
Dec	22 <sup>nd</sup>	Fri	(6) 83	(6) 84	(6) 85	21mg	170	
Dec	23 <sup>rd</sup>	Sat	(6) 86	(6) 87	(6) 88	21mg	171	(Public Holiday)
Dec	24 <sup>th</sup>	Sun	(6) 89	(6) 90	(6) -1	21mg	172	
Dec	25 <sup>th</sup>	Mon	(6) -2	(6) -3	(7) 1	21mg	173	9 <sup>th</sup> (Final) Consultation Dr. X 7 <sup>th</sup> Prescription I again reported my new symptoms to Dr. X both verbally and in writing (See Evidence article: Koh A26).

Potential Carry-over Surplus	1+	(From Prescriptions 1, 2, 3, 4, 5)
Actual Surplus for Prescription 6	0	
Actual Deficit for Prescription 6	3-	
Potential Surplus for Prescription 6	2+	(Unsuccessful attempt at complete withdrawal –
Total Potential Surplus after Prescription 6	0	consecutive missed doses)

### Prescription Details

Prescription	Date	Day	No. of Days Worth	Doses	Doctor
No.7	Dec 25 <sup>th</sup> , 2000	Monday	30	90	Dr. X

### Actual Dosages

Mth	Date	Day	Morn	Noon	Night	Dzm	No.	Notes
Dec	26 <sup>th</sup>	Tue	(7) 2	(7) 3	(7) 4	21mg	174	
Dec	27 <sup>th</sup>	Wed	(7) 5	(7) 6	(7) 7	21mg	175	
Dec	28 <sup>th</sup>	Thu	(7) 8	(7) 9	(7) 10	21mg	176	
Dec	29 <sup>th</sup>	Fri	(7) 11	(7) 12	(7) 13	21mg	177	
Dec	30 <sup>th</sup>	Sat	(7) 14	(7) 15	(7) 16	21mg	178	
Dec	31 <sup>st</sup>	Sun	(7) 17	(7) 18	(7) 19	21mg	179	
Jan	1 <sup>st</sup>	Mon	(7) 20	(7) 21	(7) 22	21mg	180	(Public Holiday)
Jan	2 <sup>nd</sup>	Tue	(7) 23	(7) 24	(7) 25	21mg	181	
Jan	3 <sup>rd</sup>	Wed	(7) 26	(7) 27	(7) 28	21mg	182	
Jan	4 <sup>th</sup>	Thu	(7) 29	(7) 30	(7) 31	21mg	183	
Jan	5 <sup>th</sup>	Fri	(7) 32	(7) 33	(7) 34	21mg	184	
Jan	6 <sup>th</sup>	Sat	(7) 35	(7) 36	(7) 37	21mg	185	
Jan	7 <sup>th</sup>	Sun	(7) 38	(7) 39	(7) 40	21mg	186	
Jan	8 <sup>th</sup>	Mon	(7) 41	(7) 42	(7) 43	21mg	187	(Public Holiday)
Jan	9 <sup>th</sup>	Tue	(7) 44	(7) 45	(7) 46	21mg	188	
Jan	10 <sup>th</sup>	Wed	(7) 47	(7) 48	(7) 49	21mg	189	
Jan	11 <sup>th</sup>	Thu	(7) 50	(7) 51	(7) 52	21mg	190	
Jan	12 <sup>th</sup>	Fri	(7) 53	(7) 54	(7) 55	21mg	191	
Jan	13 <sup>th</sup>	Sat	(7) 56	(7) 57	(7) 58	21mg	192	
Jan	14 <sup>th</sup>	Sun	(7) 59	(7) 60	(7) 61	21mg	193	
Jan	15 <sup>th</sup>	Mon	(7) 62	(7) 63	(7) 64	21mg	194	
Jan	16 <sup>th</sup>	Tue	(7) 65	(7) 66	(7) 67	21mg	195	
Jan	17 <sup>th</sup>	Wed	(7) 68	(7) 69	(7) 70	21mg	196	
Jan	18 <sup>th</sup>	Thu	(7) 71	(7) 72	(7) 73	21mg	197	
Jan	19 <sup>th</sup>	Fri	(7) 74	(7) 75	(7) 76	21mg	198	
Jan	20 <sup>th</sup>	Sat	(7) 77	(7) 78	(7) 79	21mg	199	
Jan	21 <sup>st</sup>	Sun	(7) 80	(7) 81	(7) 82	21mg	200	
Jan	22 <sup>nd</sup>	Mon	(7) 83	(7) 84	(8) 85	21mg	201	Changed hospitals At this point I felt exhausted, confused and was suffering from numerous physical / mental symptoms.

Potential Carry-over Surplus	0	(From Prescriptions 1, 2, 3, 4, 5, 6)
Actual Surplus for Prescription 7	5+	
Actual Deficit for Prescription 7	0	
Potential Surplus for Prescription 7	<u>0</u>	
Total Potential Surplus after Prescription 7	5+	



11) (A) Total Treatment Duration – Monthly Breakdown (Dr. M)

Month / Year	Period	No. of Days	Required Doses (No. of days x 3)
Jan 2001	23 <sup>rd</sup> ~ 31 <sup>st</sup>	9	27
Feb 2001	1 <sup>st</sup> ~ 28 <sup>th</sup>	28	84
Mar 2001	1 <sup>st</sup> ~ 31 <sup>st</sup>	31	93
Apr 2001	1 <sup>st</sup> ~ 8 <sup>th</sup>	8	24
Total Treatment Duration & Required Doses		76	228

12) (B) Actual Number of Prescriptions and Doses (Dr. M)

No.	Prescription Date	Prescription Day	Actual Days Worth	Actual Doses
8	January 22 <sup>nd</sup> , 2001	Monday	16	48
9	February 7 <sup>th</sup> , 2001	Wednesday	25	75
10	March 2 <sup>nd</sup> , 2001	Friday	$28 + 9\frac{1}{3} = 37\frac{1}{3}$	$84 + 28 = 112$
Total Number of Prescriptions			$78\frac{1}{3}$	235

NB: Dr. M prescribed me more than usual in March on the count that I was returning to New Zealand that same month. Subsequently, this gave me sufficient dosages until the time I was seen by Dr. Whitwell.

13) (C) Comparison (Dr. M)

Total Treatment Duration & Required Doses	76 days	228 required doses
Total Actual Number of Doses	$78\frac{1}{3}$ days	235 doses
Total Dosage Surplus	$2\frac{1}{3}$ day	7 doses

14) We can see by comparing (A) “Total Treatment Duration” with (B) “Actual Number of Prescriptions and Doses” that I would have had a surplus of 7 doses ( $2\frac{1}{3}$  day’s worth) during the 76 days of treatment. However, the surplus would have eventually ended up being more than this because as well as the prescription surplus on Feb 7<sup>th</sup>, I had made further attempts at reduction, and also because I had started to reduce around the beginning of April (see page 15).

15) Below is a breakdown of each and every prescription under Dr. M.

NB: The diazepam equivalents are based on the rate used by Dr. Judson in his fourth report.

**Prescription Details**

Prescription	Date	Day	No. of Days Worth	Doses	Doctor
No.8	Jan 22 <sup>nd</sup> , 2001	Monday	16	48	Dr. M

**Actual Dosages**

Mth	Date	Day	Morn	Noon	Night	Dzm	No.	Notes
Jan	23 <sup>rd</sup>	Tue	(8) 1	(8) 2	(8) 3	24mg	1	← First New Prescription (Commencement of new prescriptions)  NB: As explained on page 4, I never commence any new prescriptions at night.
Jan	24 <sup>th</sup>	Wed	(8) 4	(8) 5	(8) 6	24mg	2	
Jan	25 <sup>th</sup>	Thu	(8) 7	(8) 8	(8) 9	24mg	3	
Jan	26 <sup>th</sup>	Fri	(8) 10	(8) 11	(8) 12	24mg	4	
Jan	27 <sup>th</sup>	Sat	(8) 13	(8) 14	(8) 15	24mg	5	
Jan	28 <sup>th</sup>	Sun	(8) 16	(8) 17	(8) 18	24mg	6	
Jan	29 <sup>th</sup>	Mon	(8) 19	(8) 20	(8) 21	24mg	7	
Jan	30 <sup>th</sup>	Tue	(8) 22	(8) 23	(8) 24	24mg	8	
Jan	31 <sup>st</sup>	Wed	(8) 25	(8) 26	(8) 27	24mg	9	
Feb	1 <sup>st</sup>	Thu	(8) 28	(8) 29	(8) 30	24mg	10	
Feb	2 <sup>nd</sup>	Fri	(8) 31	(8) 32	(8) 33	24mg	11	
Feb	3 <sup>rd</sup>	Sat	(8) 34	(8) 35	(8) 36	24mg	12	
Feb	4 <sup>th</sup>	Sun	(8) 37	(8) 38	(8) 39	24mg	13	
Feb	5 <sup>th</sup>	Mon	(8) 40	(8) 41	(8) 42	24mg	14	
Feb	6 <sup>th</sup>	Tue	(8) 43	(8) 44	(8) 45	24mg	15	
Feb	7 <sup>th</sup>	Wed	(8) 46	(8) 47	(9) 1	24mg	16	2nd New Prescription

Potential Carry-over Surplus	0	(n/a)
Actual Surplus for Prescription 8	1+	
Actual Deficit for Prescription 8	0	
Potential Surplus for Prescription 8	<u>0</u>	
Total Potential Surplus after Prescription 8	1+	

### Prescription Details

Prescription	Date	Day	No. of Days Worth	Doses	Doctor
No.9	Feb 7 <sup>th</sup> , 2001	Wednesday	25	75	Dr. M

### Actual Dosages

Mth	Date	Day	Morn	Noon	Night	Dzm	No.	Notes
Feb	8 <sup>th</sup>	Thu	(9) 2	(9) 3	(9) 4	24mg	17	
Feb	9 <sup>th</sup>	Fri	(9) 5	(9) 6	(9) 7	24mg	18	
Feb	10 <sup>th</sup>	Sat	(9) 8	(9) 9	(9) 10	24mg	19	
Feb	11 <sup>th</sup>	Sun	(9) 11	(9) 12	(9) 13	24mg	20	← Public Holiday
Feb	12 <sup>th</sup>	Mon	(9) 14	(9) 15	(9) 16	24mg	21	← Lieu Public Holiday
Feb	13 <sup>th</sup>	Tue	(9) 17	(9) 18	(9) 19	24mg	22	
Feb	14 <sup>th</sup>	Wed	(9) 20	(9) 21	(9) 22	24mg	23	
Feb	15 <sup>th</sup>	Thu	(9) 23	(9) 24	(9) 25	24mg	24	
Feb	16 <sup>th</sup>	Fri	(9) 26	(9) 27	(9) 28	24mg	25	
Feb	17 <sup>th</sup>	Sat	(9) 29	(9) 30	(9) 31	24mg	26	
Feb	18 <sup>th</sup>	Sun	(9) 32	(9) 33	(9) 34	24mg	27	
Feb	19 <sup>th</sup>	Mon	(9) 35	(9) 36	(9) 37	24mg	28	
Feb	20 <sup>th</sup>	Tue	(9) 38	(9) 39	(9) 40	24mg	29	
Feb	21 <sup>st</sup>	Wed	(9) 41	(9) 42	(9) 43	24mg	30	
Feb	22 <sup>nd</sup>	Thu	(9) 44	(9) 45	(9) 46	24mg	31	
Feb	23 <sup>rd</sup>	Fri	(9) 47	(9) 48	(9) 49	24mg	32	
Feb	24 <sup>th</sup>	Sat	(9) 50	(9) 51	(9) 52	24mg	33	
Feb	25 <sup>th</sup>	Sun	(9) 53	(9) 54	(9) 55	24mg	34	(TN: Total dosage mg for March 1 <sup>st</sup> should have been 16mg)
Feb	26 <sup>th</sup>	Mon	(9) 56	(9) 57	(9) 58	24mg	35	2 <sup>nd</sup> attempt at reduction
Feb	27 <sup>th</sup>	Tue	(9) 59	(9) 60	(9) 61	24mg	36	(from three times to twice daily)
Feb	28 <sup>th</sup>	Wed	(9) 62	(9) 63	(9) 64	24mg	37	← in accordance with Dr. M's plan
Mar	1 <sup>st</sup>	Thu	(9) 65	<del>(9) 66</del>	(9) 67	24mg	38	
Mar	2 <sup>nd</sup>	Fri	(9) 68	(9) 69	(10) 1	24mg	39	3rd New Prescription

<u>Potential</u> Carry-over Surplus	1+	(From Prescription 8)
<u>Actual</u> Surplus for Prescription 9	6+	
<u>Actual</u> Deficit for Prescription 9	0	
<u>Potential</u> Surplus for Prescription 9	<u>1</u>	(Attempt at single dosage reduction)
Total <u>Potential</u> Surplus after Prescription 9	8+	

## Prescription Details

Prescription	Date	Day	No. of Days Worth	Doses	Doctor
No.10	Mar 2 <sup>nd</sup> , 2001	Friday	28 + 9 $\frac{1}{3}$ = 37 $\frac{1}{3}$	84 + 28 = 112	Dr. M

## Actual Dosages

Mth	Date	Day	Morn	Noon	Night	Dzm	No.	Notes
Mar	3 <sup>rd</sup>	Sat	(10) 2	(10) 3	(10) 4	24mg	40	
Mar	4 <sup>th</sup>	Sun	(10) 5	(10) 6	(10) 7	24mg	41	
Mar	5 <sup>th</sup>	Mon	(10) 8	(10) 9	(10)10	24mg	42	
Mar	6 <sup>th</sup>	Tue	(10)11	(10)12	(10)13	24mg	43	
Mar	7 <sup>th</sup>	Wed	(10)14	(10)15	(10)16	24mg	44	
Mar	8 <sup>th</sup>	Thu	(10)17	(10)18	(10)19	24mg	45	
Mar	9 <sup>th</sup>	Fri	(10)20	(10)21	(10)22	24mg	46	
Mar	10 <sup>th</sup>	Sat	(10)23	(10)24	(10)25	24mg	47	
Mar	11 <sup>th</sup>	Sun	(10)26	(10)27	(10)28	24mg	48	
Mar	12 <sup>th</sup>	Mon	(10)29	(10)30	(10)31	24mg	49	
Mar	13 <sup>th</sup>	Tue	(10)32	(10)33	(10)34	24mg	50	
Mar	14 <sup>th</sup>	Wed	(10)35	(10)36	(10)37	24mg	51	
Mar	15 <sup>th</sup>	Thu	(10)38	(10)39	(10)40	24mg	52	
Mar	16 <sup>th</sup>	Fri	(10)41	(10)42	(10)43	24mg	53	
Mar	17 <sup>th</sup>	Sat	(10)44	(10)45	(10)46	24mg	54	
Mar	18 <sup>th</sup>	Sun	(10)47	(10)48	(10)49	24mg	55	
Mar	19 <sup>th</sup>	Mon	(10)50	(10)51	(10)52	24mg	56	
Mar	20 <sup>th</sup>	Tue	(10)53	(10)54	(10)55	24mg	57	Public Holiday
Mar	21 <sup>st</sup>	Wed	(10)56	(10)57	(10)58	24mg	58	
Mar	22 <sup>nd</sup>	Thu	(10)59	(10)60	(10)61	24mg	59	
Mar	23 <sup>rd</sup>	Fri	(10)62	(10)63	(10)64	24mg	60	
Mar	24 <sup>th</sup>	Sat	(10)65	(10)66	(10)67	24mg	61	
Mar	25 <sup>th</sup>	Sun	(10)68	(10)69	(10)70	24mg	62	Departed Japan
Mar	26 <sup>th</sup>	Mon	(10)71	(10)72	(10)73	24mg	63	Arrived in New Zealand
Mar	27 <sup>th</sup>	Tue	<del>(10)74</del>	<del>(10)75</del>	(10)76	24mg	64	← 3 <sup>rd</sup> & 4 <sup>th</sup> attempts at reduction. For the 3 <sup>rd</sup> attempt I tried stopping with consecutive missed doses but couldn't do so.  So I decided to try reducing (by a single dose) to twice a day in accordance with Dr. M's plan, which I did manage to do, but continued suffering from serious withdrawal so arranged my first consultation with Dr. Whitwell the next day (29 <sup>th</sup> )
Mar	28 <sup>th</sup>	Wed	(10)77	<del>(10)78</del>	(10)79	16mg	65	

**Reduction Phase**

Mth	Date	Day	Morn	Noon	Night	Dzm	No.	Notes
Mar	29 <sup>th</sup>	Thu	(10)80		(10)81	16mg	66	← Dr. Whitwell: Consultation #1  I was told that benzodiazepines are highly addictive and was encouraged to maintain my dosage reduction at twice daily doses.
Mar	30 <sup>th</sup>	Fri	(10)82		(10)83	16mg	67	
Mar	31 <sup>st</sup>	Sat	(10)84		(10)85	16mg	68	
Apr	1 <sup>st</sup>	Sun	(10)86		(10)87	16mg	69	
Apr	2 <sup>nd</sup>	Mon	(10)88		(10)89	16mg	70	
Apr	3 <sup>rd</sup>	Tue	(10)90		(10)91	16mg	71	
Apr	4 <sup>th</sup>	Wed	(10)92		(10)93	16mg	72	
Apr	5 <sup>th</sup>	Thu	(10)94		(10)95	16mg	73	
Apr	6 <sup>th</sup>	Fri	(10)96		(10)97	16mg	74	
Apr	7 <sup>th</sup>	Sat	(10)98		(10)99	16mg	75	
Apr	8 <sup>th</sup>	Sun	(10)100		(10)101	16mg	76	

<u>Potential</u> Carry-over Surplus	8+	(From Prescriptions 8, 9)
<u>Actual</u> Surplus for Prescription 10	11	(From reduction to twice daily)
<u>Actual</u> Deficit for Prescription 10	0	
<u>Potential</u> Surplus for Prescription 10	<u>3</u>	(3 <sup>rd</sup> & 4 <sup>th</sup> attempts at reduction)
Total <u>Potential</u> Surplus after Prescription 10	22+	(After 76 days)

NB: See article 1.6 of Dr. Judson’s fourth report for a detailed breakdown of prescription dosages during my reduction phase.