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TAPERING OFF CODEINE PROPERLY

**A practical support guide for reducing codeine
slowly and consistently**

RECOVERY. STRENGTH. PURPOSE.

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NOT MEDICAL ADVICE

Always speak with your doctor before starting any reduction or taper plan, especially if you have been taking high amounts, using for a long time, mixing substances, or dealing with health issues.

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READ THIS FIRST

A lot of people ask how to taper. I am going to be straight with you. Tapering works. But only if you do it properly.

Most people who relapse are not failing because they are weak. They are failing because they do not have a proper structure.

KEEP YOUR REDUCTIONS REALISTIC

- No more than 10% per week.
- If you are on very high amounts, you might manage 20% in the first week, but after that stick to 10%.
- Pick one day per week for your drop and do not change it.
- Split your daily dose into 2 to 3 smaller doses across the day. This keeps things stable and helps avoid highs and withdrawals.

This guide is not medical advice. It is a practical support guide to help you taper in a slow, structured way while giving yourself the best chance of staying off codeine.

If you have been taking very high amounts, using for a long time, mixing substances, or have underlying health issues, speak with your doctor before starting a taper.

FOLLOW THE PLAN EXACTLY

Write your taper plan out. Notes app, paper, wherever, just make it clear.

No exceptions.

Bad day? You do not take more.

Good day? You do not take less.

You stick to the plan.

The second you start negotiating with yourself, things start slipping.

TELL SOMEONE

This is the one people avoid and it is the one that makes the biggest difference.

Tell one person you trust. Friend, family, colleague, anyone.

Doing this in secret makes it much harder. Having someone who knows adds accountability and support. They will understand why some days are tough and they will see the progress with you.

IF THIS ISN'T WORKING

If you are trying this and it is not sticking, do not keep struggling on your own.

Speak to your doctor.

They can help you taper safely and can refer you to proper support if needed. Addiction support or counselling can make a huge difference, especially for the mental side of it.

FINAL POINT

It can be done.

It might not feel like it right now, but it can.

A lot of people, including me, thought we would be stuck on codeine for life. That is not how it has to end.

IMPORTANT

If you feel unsafe, severely unwell, confused, or at risk of harming yourself, seek urgent medical help. Do not try to push through dangerous symptoms alone.

CODEINE TAPER TEMPLATE

Starting point

Daily dose: _____

Number of doses per day: _____

(Current example: 3 doses morning / afternoon / evening)

Weekly Taper Plan (max 10% reduction each week)

Week 1

Total daily dose: _____

Dose split: ____ / ____ / ____

Week 2

Total daily dose: _____

Dose split: ____ / ____ / ____

WEEKLY TAPER PLAN

Week 3

Total daily dose: _____

Dose split: _____ / _____ / _____

Week 4

Total daily dose: _____

Dose split: _____ / _____ / _____

RULES I AM STICKING TO

I reduce once per week on: _____

- I do not take extra on bad days
- I do not reduce more on good days
- I stick to my exact plan

ACCOUNTABILITY PERSON

Name: _____

How I will check in with them: _____

(message / call / in person)

NOTES

Cravings, triggers, wins, how I am feeling

Week 1:

Week 2:

Week 3:

Week 4:

IF I FEEL LIKE I AM SLIPPING

I will speak to: _____

- I will consider contacting my GP
- I will not increase my dose without a plan

THINGS THAT HELP A TAPER WORK

- Taking the same planned doses at the same times each day
- Eating regularly and keeping fluids up
- Getting some movement each day
- Reducing stress where you can
- Keeping a written record of doses and symptoms
- Asking for help early instead of waiting until things fall apart

This is not about being perfect. It is about being consistent.

FINAL REMINDER

Slow, planned reductions add up.

Tapering is not about proving something. It is about creating a structure you can actually follow.

If you slip, that does not mean you are back at the start. Reset the plan, get support, and keep moving.

**Keep it simple.
Keep it honest.
Keep going.**

Important: this guide is not medical advice. Speak with your doctor before starting any reduction or taper plan. If you are worried about your symptoms or safety, seek medical help immediately.