

## Letter to take to your GP - stopping antidepressants

Dear Doctor,

Thank you for talking with me about stopping antidepressants.

I would like to discuss slowly reducing my antidepressant dose by following a RELEASE tapering plan. The RELEASE tapering plans include step-by-step instructions for hyperbolic tapering, for example 100mg–50mg–25mg–12.5mg–9mg–6mg–4mg–2mg–1mg–STOP. This approach is now recommended in clinical guidelines: Maudsley Deprescribing Guidelines and [www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/stopping-antidepressants](http://www.rcpsych.ac.uk/mental-health/treatments-and-wellbeing/stopping-antidepressants).

Please discuss with me:

1. The pros and cons of stopping or continuing antidepressants long-term.
  - Download a RELEASE Decision aid: [www.releasetoolkit.com.au](http://www.releasetoolkit.com.au)
2. How to follow a RELEASE tapering plan.
  - RELEASE tapering plans are available: [www.releasetoolkit.com.au](http://www.releasetoolkit.com.au)
3. Options for antidepressant mini doses for tapering:
  - Compounded capsules or liquid formulations: Please provide a custom prescription for me to take to a compounding pharmacist.
    - Instructions for creating Custom prescriptions in Best Practice are on p.2.
  - Homemade dilute suspension: how I can crush and mix a tablet in water.
    - Pharmaceutical guidance advises that antidepressant tablets can be crushed and dispersed (<https://app-emimselite-com.ap1.proxy.openathens.net/Drtc?id=410>).
4. Follow-up to review my progress, and to help me recognise and manage withdrawal symptoms.

Or scan here



Myth busting:

- *Depression is not a long-term condition caused by a chemical imbalance.*
- *Antidepressants do not work by correcting any chemical imbalance.*
- *Clinical guidelines recommend antidepressants for only 6-12 months then consider deprescribing.*
- *Antidepressant withdrawal symptoms are common and can be severe, yet are frequently mistaken by both patients and doctors for relapse or ongoing need for medication.*
- *Hyperbolic tapering can help to minimise withdrawal symptoms to enable people to safely stop.*

Further information and RELEASE tapering plans are available via:  
[www.releasetoolkit.com.au](http://www.releasetoolkit.com.au)

Or scan here to visit  
[releasetoolkit.com.au](http://releasetoolkit.com.au)



Kind regards,

Patient (supported by the RELEASE team)

Further information is available at: [www.releasetoolkit.com.au](http://www.releasetoolkit.com.au) and [medical-school.uq.edu.au/release](http://medical-school.uq.edu.au/release)

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# Create a Custom Preparation



## Create a custom preparation

To create a custom preparation from the main screen of Bp Premier:

1. Select **Setup > Custom preparations**.  
The **Custom prescription preparations** screen will appear.
2. To create a custom preparation:
  - i. Click **Add** to create a new preparation; or
  - ii. Select **Item name** and click **Clone** to copy and modify an existing preparation.

The **Custom prescription item** screen will appear.

3. Enter a **Name** and **Strength** for the preparation.
4. Select the **Form** of the preparation (e.g., Scalp, skin treatment).
5. Click **Add** to add an ingredient from the Ingredient screen.
6. Enter a **Strength** and **Unit** for each ingredient and click **Save** to save the ingredient to the Ingredients list.
7. Repeat **Steps 5-6** to add as many ingredients as required.
8. Enter **Other details** that patients and providers need to know about this preparation.
9. Select the **Route** of administration (e.g., Topical).
10. Tick boxes to check for **Drug interactions** and **Disease interactions** when this Rx is added to a patient's record.
11. Enter the **Quantity** and **Units** for a prescription of this preparation, and the default number of **Repeats**.
12. Select the **Restriction** that applies to this preparation (e.g., No PBS).
13. Click **Save**.

The screenshot shows the 'Custom prescription item' form with the following fields and callouts:

- 3: Name field (Scalp lotion)
- 4: Strength field (Mild)
- 5: Form dropdown (Scalp, skin treatment)
- 6-7: Ingredients table with columns for Ingredient name, Strength, Unit, and buttons for Add, Edit, and Delete.
- 8: Other details text area.
- 9: Route dropdown (Topical)
- 10: Checkboxes for Drug interactions and Disease interactions.
- 11: Quantity field (1) and Unit dropdown (100g)
- 12: Repeats field (0)
- 13: Restriction dropdown (Non PBS)

## Prescribe a custom preparation

To prescribe a custom preparation from a patient's record:

1. Select **Current Rx** from the tree on the left-hand side and click **Add**.
2. In the New Rx screen, select **Custom** from the radio buttons along the top.
3. Select the **custom preparation** from the list.
4. Continue [completing the new Rx](#) like any other prescription.

The screenshot shows the 'New Rx' form with the following fields and callouts:

- 2: Radio button selection for Custom (selected).
- 3: Drug list on the left with 'Scalp lotion' selected.

The main area shows the selected item details:

Product name	Quantity	Rpts	Restriction	BPP	TGP/SPC
Scalp lotion Mils Scalp, skin treatment	1x100g	0	Non PBS/OTC	\$ 0.00	\$ 0.00

Below the table, the generic name and schedule are displayed:

**Generic name:**  
Acacia, powdered 1.01.0  
Isopropyl lanolate 1.01.0

**Schedule:**  
PBS Listing: Non PBS - 1x100g and 0 repeats