Doctor/ patient interaction re:- tapering

I was completely abandoned by my GP on my withdrawal.

Liquid Mirtazapine request denied as “too expensive”.

They suggested reducing the drug by 25% each week.

Having been on Venlafaxine for many years, I was told that 6 weeks tapering off 225mg should be enough.

Explained withdrawal symptoms and told it was depression and my mental health.

He said there was no such thing as withdrawal.

CMHT said such low doses could not cause withdrawal. Attitude was bullying and belittling.

My present GP is so dismissive and just wants to refer to CMHT.

All the doctors repeatedly say it’s all in my head.

I requested Escitalopram liquid to taper; it was given with instructions to reduce from 5mg by 1mg doses.

The practice pharmacist ‘phoned on behalf of the doctor and was dismissive of my need to taper more slowly than in 5mg segments’.

GP suggested hyperbolic tapering was “over cautious”, that I would “probably never get to the end of the course” and that the surgery “might not be able to support me in such a sustained taper”.

I started taking the Citalopram drops but they gave me a strange buzz. This was a problem for me, so I went back on to the tablets.

I spent months trying to get my GP and psychiatrist to agree to my tapering plan.

I was pressured to go back on medication.

Disbelief at withdrawal led to insistence that I had a “deficiency”.

GP said “I don’t understand why you won’t just take a pill a day – surely better than feeling the way you do.”

I followed the orders, went back on medication – and had a horrendous reaction to it.

Was told withdrawal would only last 2 weeks.

Told my symptoms are health anxiety and old problems returning.

I was told that liquid Mirtazapine would be too expensive.

GP scoffed when I said I’d stick to 10% reduction per month.

Throughout my taper, my GP made it difficult for me.

My doctor tried ‘chucking’ me off higher doses.

Each prescription (of liquid) was for the EXACT amount needed in each 6 weeks period.

I felt like some sort of drug addict.

During a spell of horrendous symptoms, GP asked “Why not jump off as you’re suffering anyway?”

Distress caused by my GP is alarming.

I have been traumatised by my GP.

I have been made to feel like a mental patient.’I will never trust the medical profession again.

“Now go and live your life”, said a psychiatrist after yet another medication increase, which led to further crises.

My mention of drug dose decrease was met with much ‘eye-rolling.

Unit psychiatrist – “We need you off these drugs, they’re not doing you any good” - and left his role within the service at the end of that same day.

CMHT support worker, when responding to yet another crisis, “ It’s always a problem with your medication isn’t it”.