

Benzodiazepine equivalents

Name	Duration of Action #	Approx dose equiv to 5mg diazepam	Trade names	Tablet strengths	Schedule
Alprazolam	Short	0.5 - 1mg	Alprax, Kalma, Xanax, Ralozam	0.25mg, 0.5mg, 1mg, 2mg	Schedule 8 Controlled Drug: Drugs of Dependence Unit (DDU)
Bromazepam	Intermediate	3 - 6mg	Lexotan	3mg, 6mg	S4
Clobazam	Long	10 - 15mg	Frisium	10mg	S4
Clonazepam	Long	0.25 - 0.5mg	Rivotril, Paxam	0.5mg, 2mg	S4
Diazepam	Long	5 mg	Antenex, Ducene, Ranzepam, Valium, Valpam	2mg, 5mg	S4
Flunitrazepam	Long	1 - 2mg	Hypnodorm	1mg	Schedule 8 Controlled Drug: Drugs of Dependence Unit (DDU)
Lorazepam	Intermediate	0.5 - 1mg	Ativan	1mg, 2.5mg	S4
Nitrazepam	Long	5 mg	Alodorm, Mogadon	5mg	S4
Oxazepam	Short	30 mg	Alepam, Murelax, Serepax	15mg, 30mg	S4
Temazepam	Short	10 - 20mg	Normison, Temaze, Temtabs	10mg	S4
Triazolam	Very short	0.25 mg	Halcion	0.125mg	S4
Zolpidem	Very short	10 mg	Dormizol, Somidem, Stildem, Stilnox, Zolpibell	10mg (6.25mg & 12.5mg Modified Release)	S4
Zopiclone	Very short	7.5 mg	Imovane, Imrest	7.5mg	S4

Approximate duration of action:

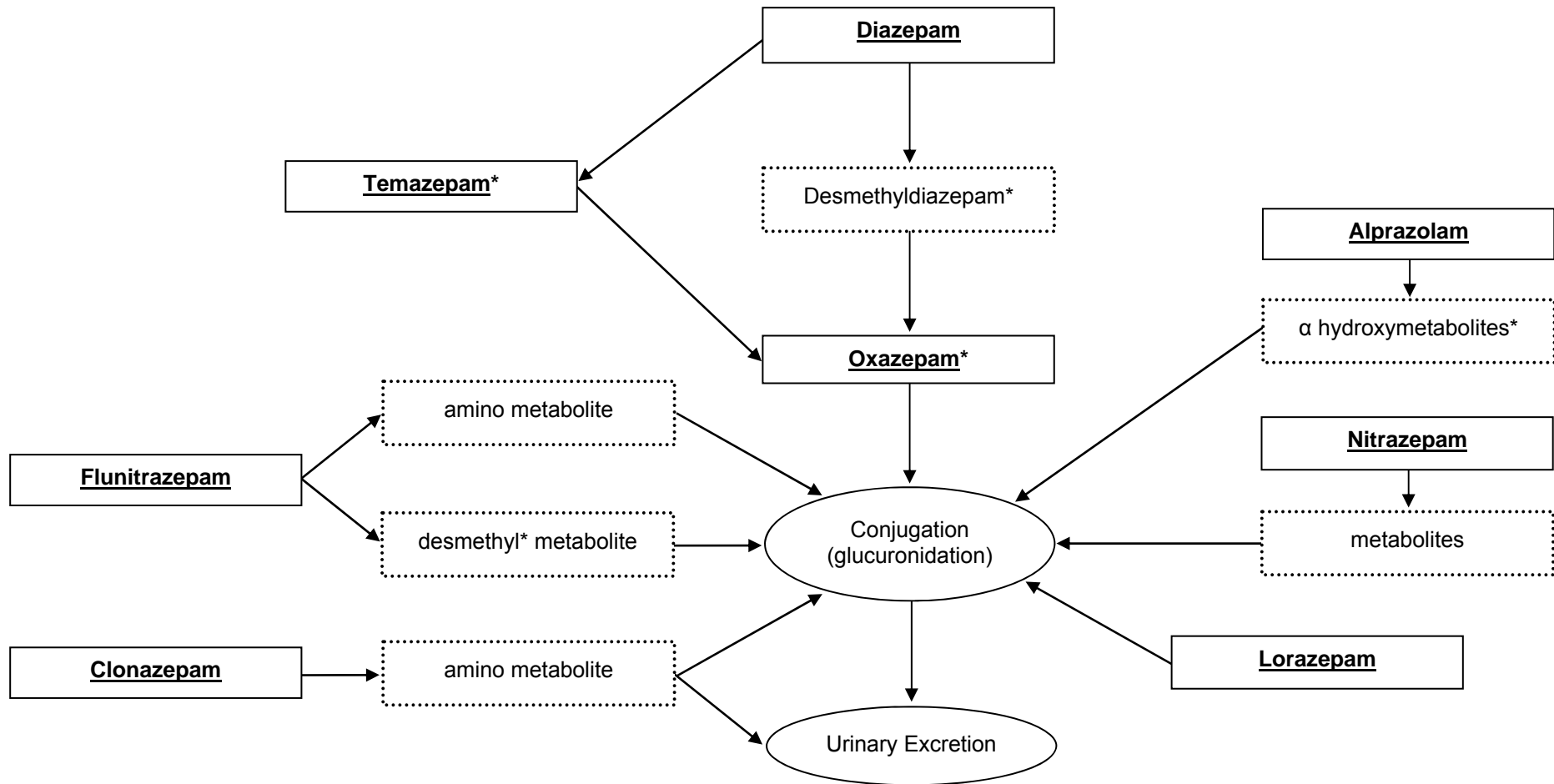
Very short	< 6hours
Short	6-12 hours
Intermediate	12-24 hours
Long	> 24 hours

Different sources quote varying equivalents. Figures in **BOLD** are recommended as safest and most consistent with references and Clinical experience.

References:

1. *Australian Medicines Handbook July 2012*
2. *Alcohol & other Drug withdrawal - Turning Point Alcohol & Drug Centre, 2009*
3. *Clinical Handbook of psychotropic drugs, 4th revised edition*
4. *Mental Health Today & Mental Health matters*
5. *Australian Therapeutic Guidelines (March 2012)*
6. *MIMS Online (2012)*
7. *Oxford Specialist Handbook in Addiction Medicine 2009 Latt N et al. p 170*

Benzodiazepine Metabolism



* = active metabolite