

Benzodiazepine Withdrawal

**Benzodiazepine
Equivalency**

**Adverse Effects
Of
Benzodiazepines
Handout**

**Discontinuing
Benzodiazepines
Handout**

**Benzodiazepine
Withdrawal
Symptoms**

**Withdrawal
Protocols**

BENZODIAZEPINES AND SIMILAR DRUGS

Benzodiazepines	Half-life (hrs) [active metabolite]	Market Aim anxiolytic (a), hypnotic (h) or antiepileptic (e)	Approximate Equivalent Oral dosages (mg)
Alprazolam (Xanax)	6-12	a	0.5
Chlordiazepoxide (Librium)	5-30 [36-200]	a	25
Clobazam (Frisium)	12-60	a,e	20
Clonazepam (Klonopin, Rivotril)	18-50	a,e	0.5
Diazepam (Valium)	20-100 [36-200]	a	10
Flunitrazepam (Rohypnol)	18-26 [36-200]	h	1
Flurazepam (Dalmane)	[40-250]	h	15-30
Lorazepam (Ativan)	10-20	a	1
Medazepam (Nobrium)	36-200	a	10
Nitrazepam (Mogadon)	15-38	h	10
Oxazepam (Serax, Serenid, Serepax)	4-15	a	20
Temazepam (Restoril, Normison, Euhypnos)	8-22	h	20
Triazolam (Halcion)	2	h	0.5
Non-benzodiazepines with similar effects	These drugs are chemically different from benzodiazepines but have the same effects on the body and act by the same mechanisms		
Zaleplon (Sonata)	2	h	20
Zolpidem (Ambien, Stilnoct)	2	h	20
Zopiclone (Zimovane, Imovane)	5-6	h	15
Eszopiclone (Lunesta)	6 (9 in elderly)	h	3

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Discontinuing Benzodiazepines

Withdrawal Effects of Benzodiazepines