

Benzodiazepine Equivalence Table

This table is based on the extensive research and clinical experience of Professor C Heather Ashton, DM, FRCP, Emeritus Professor of Clinical Psychopharmacology at the University of Newcastle upon Tyne, England.

Revised April 2007

The approximate equivalent doses to 10mg diazepam (Valium) are given.

Benzodiazepines ⁵	Half-life (hrs) ¹ [active metabolite]	Market Aim ²	Approximately Equivalent Oral dosages (mg) ³
Alprazolam (Xanax)	6-12	a	0.5
Bromazepam (Lexotan, Lexomil)	10-20	a	5-6
Chlordiazepoxide (Librium)	5-30 [36-200]	a	25
Clobazam (Frisium)	12-60	a,e	20
Clonazepam (Klonopin, Rivotril)	18-50	a,e	0.5
Clorazepate (Tranxene)	[36-200]	a	15
Diazepam (Valium)	20-100 [36-200]	a	10
Estazolam (ProSom)	10-24	h	1-2
Flunitrazepam (Rohypnol)	18-26 [36-200]	h	1
Flurazepam (Dalmane)	[40-250]	h	15-30
Halazepam (Paxipam)	[30-100]	a	20
Ketazolam (Anxon)	30-100 [36-200]	a	15-30
Loprazolam (Dormonoc)	6-12	h	1-2
Lorazepam (Ativan)	10-20	a	1
Lormetazepam (Noctamid)	10-12	h	1-2
Medazepam (Nobrium)	36-200	a	10
Nitrazepam (Mogadon)	15-38	a	10
Oxazepam (Serax, Serenid, Serepax)	4-15	a	20
Prazepam (Centrax)	[36-200]	a	10-20
Quazepam (Doral)	25-100	h	20
Temazepam (Restoril, Normison, Euhypnos)	8-22	h	20
Triazolam (Halcion)	2	h	0.5
Non-benzodiazepines with similar effects ^{4,5}			
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

¹ Half-life: time taken for blood concentration to fall to half its peak value after a single dose. Half-life of active metabolite shown in square brackets. This time may vary considerably between individuals.

² Market aim: although all benzodiazepines have similar actions, they are usually marketed as anxiolytics (a), hypnotics (h) or anticonvulsants (e).

³ These equivalents do not agree with those used by some authors. They are firmly based on clinical experience but may vary between individuals.

⁴ These drugs are chemically different from benzodiazepines but have the same effects on the body and act by the same mechanisms.

⁵ All these drugs are recommended for short-term use only (2-4 weeks maximum)