Benzodiazepine Equivalence Table

Revised June 2002

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

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

1. All these drugs are recommended for short-term use only (2-4 weeks maximum).
2. 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.
3. These equivalents do not agree with those used by some authors. They are firmly based on clinical experience during switch-over to diazepam at start of withdrawal programs but may vary between individuals.
4. Market Aim: Although all benzodiazepines have similar actions, they are usually marketed as anxiolytics (a), hypnotics (h) or anticonvulsants (e).
5. In the UK clobazam (Frisium) and clonazepam (Rivotril) are licensed for use as anti-epileptics only.
6. These drugs are chemically different from benzodiazepines but have the same effects on the body and act by the same mechanisms.