

Benzodiazepine Equivalents

FOR ORAL DRUGS AVAILABLE IN AUSTRALIA

Name	Duration of action [#]	Approx dose equiv to 5mg diazepam	Trade names (in MIMS)	Tablet strengths	No per PBS script
Alprazolam	short	0.5 – 1 mg	Alprax, Kalma, Xanax, Zamhexal	0.25mg, 0.5mg, 1mg & 2mg	50 Authority
Bromazepam	intermed	3 – 6 mg	Lexotan	3mg & 6mg	Non PBS
Clobazam	intermed	10 – 15 mg	Frisium	10mg	Non PBS
Clonazepam	long	0.25 – 0.5 mg	Rivotril	0.5mg & 2mg	200 Authority
Diazepam	long	5 mg	Antenex, Ducene, Ranzepam, Valium, Valpam	2mg & 5mg	50
Flunitrazepam	intermed	1 – 2 mg	Hypnodorm	1 mg	Non PBS
Lorazepam	intermed	0.5 – 1 mg	Ativan	1mg & 2.5mg	Non PBS
Nitrazepam	long	5	Alodorm, Mogadon	5mg	25
Oxazepam	short	15 – 30 mg	Alepam, Murelax, Serepax	15mg & 30mg	25 50 Authority
Temazepam	short	10 – 20 mg	Normison, Temaze, Temtabs	10mg	25
Triazolam	v.short	0.25 mg	Halcion	0.125mg	Non PBS

Z Drugs

Zolpidem	v.short	*10 mg	Dormizol, Somidem, Stildem, Stilnox, Zolpibell	10mg 6.25 & 12.5mg (modified release)	Non PBS
Zopiclone	v.short	*7.5 mg	Imovane, Imrest	7.5mg	Non PBS

# Duration of action (approx.):	Very short	<6 hours
	Short	<12 hours
	Intermediate	<24 hours
	Long	>24hours

Different sources quote a range of varying equivalents – figures in **bold** are recommended as most consistent with references and clinical experience.

* Values only available from one reference source (*Reference 3*).

References

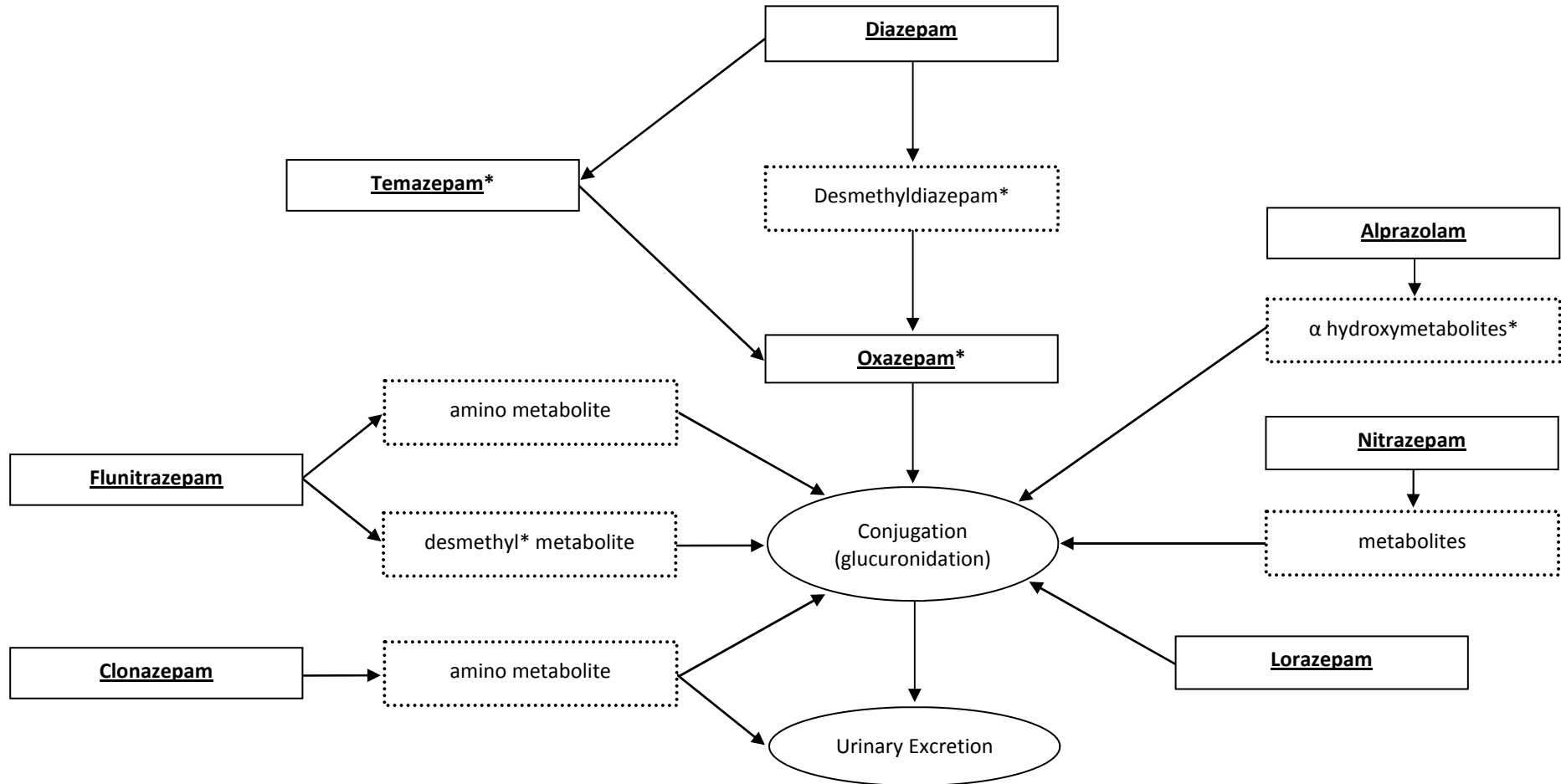
1. Australian Medicines Handbook 2008
2. Therapeutic Guidelines: Psychotropic 2008
3. Oxford Specialist Handbook in Addiction Medicine 2009
Latt et al
4. NPS Newsletter 4 June 1999
5. Alcohol and other drugs: A handbook for health professionals 2004 NCETA consortium
6. Benzodiazepine conversion chart DASC

See PBS website for prescribing details: <http://www.pbs.gov.au/html/healthpro/search/results?term=subsidy>

Urine drug info:

Routine urinalysis (IMVS) will detect the benzodiazepines above (not Z drugs). Where use has been heavy, metabolites may be detected for at least 6-8 weeks. Confirmation urinalysis for specific benzodiazepines may be requested – refer to metabolism for interpretation as some benzodiazepines eg oxazepam, temazepam may appear as metabolites of others – see metabolism pathway.

Benzodiazepine Metabolism



* = active metabolite