

BENZODIAZEPINE EQUIVALENCY TABLE

NAME Generic (Brand)	Approx. Dose Equivalent to 10 mg Diazepam	Available Tablet Strengths	Duration of Action*	Half-Life** (hours)
Alprazolam (Xanax)	0.5-1 mg	0.25 mg, 0.5 mg, 1 mg, 2 mg, (3 mg - ER)	Short	6-26 (ER: 10-16)
Chlordiazepoxide	25 mg	5 mg, 10 mg, 25 mg	Long	24-48
Clobazam (Onfi, Sympazan)	20 mg	10 mg, 20 mg	Very Long	>100
Clonazepam (Klonopin)	0.5 mg	(0.125 mg, 0.25 mg - ODT), 0.5 mg, 1 mg, 2 mg	Long	18-50
Clorazepate (Tranxene-T)	15 mg	3.75 mg, 7.5 mg, 15 mg	Long	40-50
Diazepam (Valium)	10 mg	2 mg, 5 mg, 10 mg	Very Long	20-80
Estazolam	2 mg	1 mg, 2 mg	Intermediate	10-24
Flurazepam	15-30 mg	15 mg, 30 mg	Very Long	47-100
Lorazepam (Ativan)	1-2 mg	0.5 mg, 1 mg, 2 mg	Intermediate	10-20
Oxazepam	15-30 mg	10 mg, 15 mg, 30 mg	Short	5-11
Quazepam (Doral)	15 mg	15 mg	Very Long	39-73
Temazepam (Restoril)	20-30 mg	7.5 mg, 15 mg, 22.5 mg, 30 mg	Short	4-18
Triazolam (Halcion)	0.5 mg	0.125 mg, 0.25 mg	Very Short	2-6

*Very Short (<6 hours), Short (~6-12 hours), Intermediate (~12-24 hours), Long (~24-48 hours), Very Long (>48 hours)

** Includes elimination of active metabolites

Resources:

1. Benzodiazepine Toolbox. *Pharmacist's Letter/Prescribers Letter*. August 2014.
2. Gold J and Ward K. Pharmacist Toolkit: Benzodiazepine Taper. College of Psychiatric and Neurologic Pharmacists website. <https://cpnp.org/guideline/benzo>.
3. Lexicomp® drug Information monographs