

## Attachment 2

# Benzodiazepine Equivalents

## FOR ORAL DRUGS AVAILABLE IN AUSTRALIA

Name	Duration of action <sup>#</sup>	Approx dose equiv to 5mg diazepam	Trade names (in MIMS)	Tablet strengths	Schedule
Alprazolam	short	0.5 – 1 mg	Alprax, Kalma, Xanax, Zamhexal	0.25mg, 0.5mg, 1mg & 2mg	Schedule 8 Controlled Drug: Drugs of Dependence Unit (DDU)
Bromazepam	intermed	3 – 6 mg	Lexotan	3mg & 6mg	S4
Clobazam	intermed	10 – 15 mg	Frisium	10mg	S4
Clonazepam	long	0.25 – 0.5 mg	Rivotril	0.5mg & 2mg	S4
Diazepam	long	5 mg	Antenex, Ducene, Ranzepam, Valium, Valpam	2mg & 5mg	S4
Flunitrazepam	intermed	1 – 2 mg	Hypnodorm	1 mg	Schedule 8 Controlled Drug: Drugs of Dependence Unit (DDU)
Lorazepam	intermed	0.5 – 1 mg	Ativan	1mg & 2.5mg	S4
Nitrazepam	long	5	Alodorm, Mogadon	5mg	S4
Oxazepam	short	15 – 30 mg	Alepam, Murelax, Serepax	15mg & 30mg	S4
Temazepam	short	10 – 20 mg	Normison, Temaze, Temtabs	10mg	S4
Triazolam	v.short	0.25 mg	Halcion	0.125mg	S4

### Z Drugs

Zolpidem	v.short	10 mg	Dormizol, Somidem, Stildem, Stilnox, Zolpibell	10mg 6.25 & 12.5mg (modified release)	S4
Zopiclone	v.short	7.5 mg	Imovane, Imrest	7.5mg	S4

# Duration of action (approx.):

Very short	<6 hours
Short	6-12 hours
Intermediate	12-24 hours
Long	>24hours

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

### References:

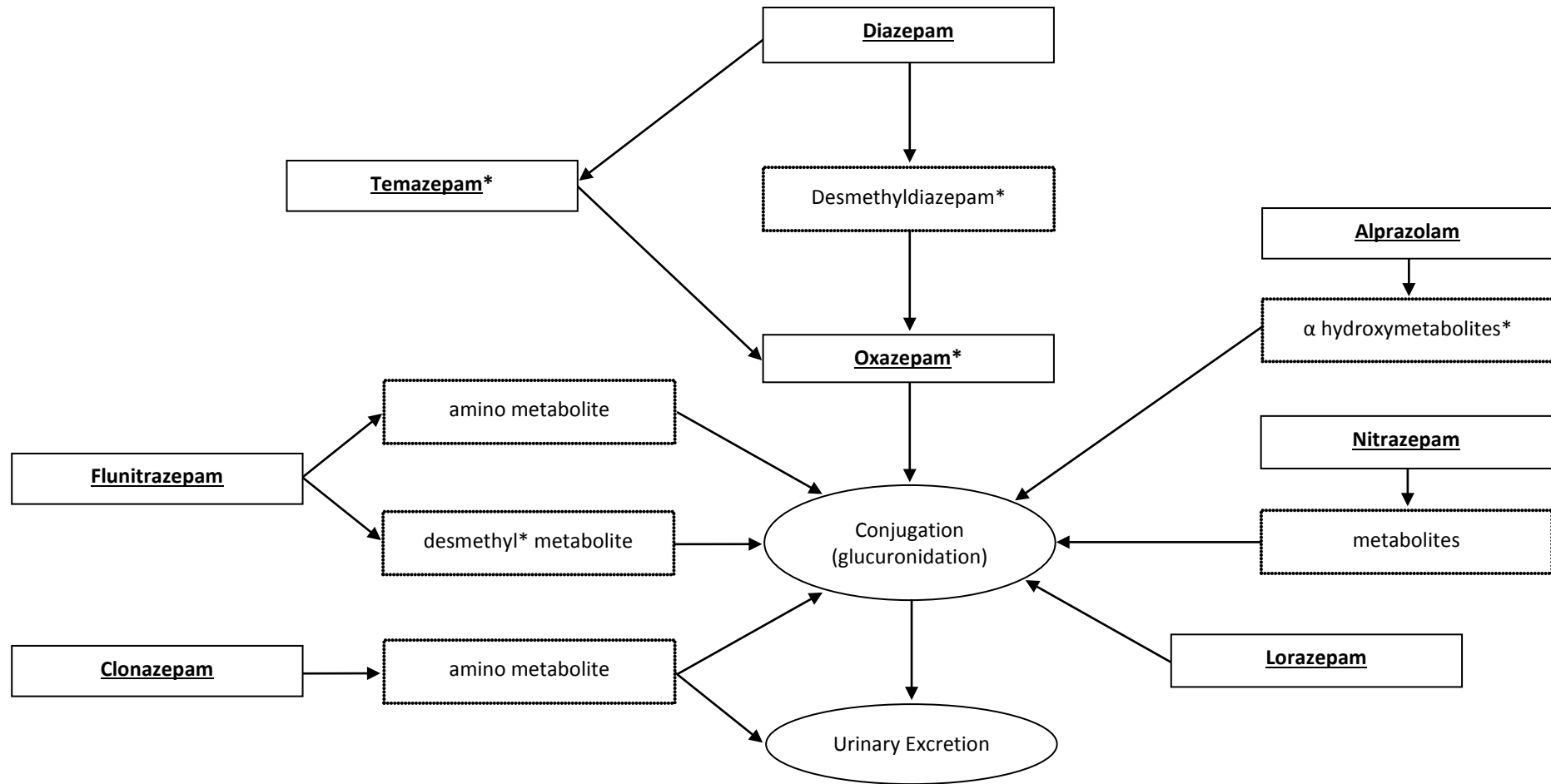
1. Australian Medicines Handbook July 2012
2. Alcohol & other Drugs withdrawal – Turning Point Alcohol & Drug Centre, 2009
3. Clinical Handbook of psychotropic drugs, 4<sup>th</sup> revised edition
4. Mental Health Today & Mental Health matters
5. Australian Therapeutic Guidelines (March 2012)
6. MIMS Online (2012)
7. Oxford Specialist Handbook in Addiction Medicine 2009 Latt N et al. p 170

See PBS website for prescribing details: [http://www.pbs.gov.au/info/healthpro/explanatory-notes/section1/Section\\_1\\_2\\_Explanatory\\_Notes](http://www.pbs.gov.au/info/healthpro/explanatory-notes/section1/Section_1_2_Explanatory_Notes)

### 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