

# Joint Clinical Practice Guideline on Benzodiazepine Tapering: Considerations When Risks Outweigh Benefits

## BENZODIAZEPINE DOSE EQUIVALENTS

This table summarizes approximate dose equivalents to inform decisions about transitioning from one BZD to another for the purpose of tapering.

### Benzodiazepine Approximate Dose Equivalents to 10 mg Oral Diazepam<sup>†</sup>

Benzodiazepine	ATC Therapeutic Class	VA/DoD SUD CPG (2021) <sup>1</sup>	Ashton Manual (2002) <sup>2‡</sup>
Alprazolam	Anxiolytic	1	0.5
Chlordiazepoxide	Anxiolytic	25	25
Clonazepam	Antiepileptic	1	0.5
Clorazepate	Anxiolytic	15	15
Diazepam	Anxiolytic	10	10
Estazolam	Sedative-Hypnotic	1	1-2
Flurazepam	Sedative-Hypnotic	15	15-30
Lorazepam	Anxiolytic	2	1
Oxazepam	Anxiolytic	30	20
Quazepam	Sedative-Hypnotic	10	20
Temazepam	Sedative-Hypnotic	15	20
Triazolam	Sedative-Hypnotic	0.25	0.5

Approximate dose equivalents of various BZD medications to a 10 mg dose of oral diazepam as determined by the VA/DoD SUD guideline and *The Ashton Manual*.

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**ATC:** Anatomical Therapeutic Chemical classification system; **CPG:** clinical practice guideline; **DoD:** US Department of Defense; **SUD:** substance use disorder; **VA:** US Department of Veterans Affairs

<sup>†</sup> These doses are intended for guidance only. Clinical decisions on dose should be individualized based on the patient response.

<sup>‡</sup> Same equivalents in Ashton, H. Benzodiazepine Equivalence Table [Online]. Revised April 2007.

<https://www.benzo.org.uk/bzequiv.htm> and Ashton CH. The diagnosis and management of benzodiazepine dependence. *Curr Opin Psychiatry*. 2005;18(3):249-255.

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### Sources

1. Department of Veterans Affairs, Department of Defense. VA/DoD Clinical Practice Guideline for the Management of Substance Use Disorders. 2021.
2. Ashton CH. *Benzodiazepines: How They Work and How to Withdraw (The Ashton Manual)*. Institute of Neuroscience, Newcastle University; 2002.