

ORAL BENZODIAZEPINE CONVERSION TABLE

Drug Name	Approximate Equivalent Dose [‡]	Therapeutic use	Time to Peak (Onset of action in hours)	Elimination Half-Life (h) [†] [active metabolite]
Alprazolam	0.5 mg	anxiolytic	1 – 2	9–20
Clobazam	20mg	anxiolytic, anticonvulsant	0.5 – 4	12-60
Clonazepam	0.5 mg	anxiolytic, anticonvulsant	1 – 4*	18–50
Diazepam	10 mg	anxiolytic, anticonvulsant, muscle relaxant	1 – 1.5	20–100 [36–200]
Lorazepam	1 mg	anxiolytic, anticonvulsant	2 – 4	10–20
Midazolam	7.5 mg	hypnotic, anticonvulsant	0.5 – 1	1.8 – 6

Adapted from Asthon H. Benzodiazepine Equivalency Table (<http://www.benzo.org.uk/bzequiv.htm#5>)

[‡]Equivalent doses are based on clinical experience but may vary between individuals.

[†]Half-life: time taken for blood concentration to fall to half its peak value after a single dose of active metabolite shown in [square bracket]. This time may vary considerably between individuals.

*Reference: Up-To-Date (www.uptodate.com) accessed on 2 Apr 2015