|  |  |  |  |
| --- | --- | --- | --- |
|  | Drug | Half-life | Equivalent dose (mg) |
| Benzo. Equivalents | Oxazepam (Sobril) | Short | 15.0 - 25.0 |
| Zopiklon / Zolpidem | Short / Short | 7.5 / 10.0 |
| Nitrazepam (Mogadon) | Short | 2.5 |
| Lorazepam (Temesta) | Short | 1.0 |
| Flunitrazepam | Short | 0.5 |
| Alprazolam (Xobril) | Short | 0.25-0.5 |
| Triazolam (Halcion) | Short | 0.25 |
| Diazepam (Stesolid) | Long | 5.0 |
| Klonazepam (Iktorivil) | Long | 0.25 |

|  |  |
| --- | --- |
| Principles for dose-lowering | |
| Benzodiazepines | Change drug to equivalent dose of Oxazepam (Sobril) |
| Split previous total daily dose into 5 evenly distributed doses over one day |
| Decrease total daily dose by 10% per week |
| Start by reducing the middle-of-the-day dose, leave morning/evening till last |
| **Never increase the dose!** If there is an increase of withdrawal symptoms, stay on the current dose until the symptoms have stabilised |
| Opiods | Change drug to equivalent dose of Kodein (Citodon) |
| Split previous total daily dose into 5 evenly distributed doses over one day |
| Decrease total daily dose by 20% / week |
| Start by reducing the middle-of-the-day dose, leave morning/evening till last |
| **Never increase the dose!** If there is an increase of withdrawal symptoms, stay on the current dose until the symptoms have stabilised |
| When only 4 pills left, terminate treatment |