

Approximate equivalent doses, diazepam 5 mg

≡ alprazolam 250 micrograms

≡ clobazam 10 mg

≡ clonazepam 250 micrograms

≡ flurazepam 7.5–15 mg

≡ chlordiazepoxide 12.5 mg

≡ loprazolam 0.5–1 mg

≡ lorazepam 500 micrograms

≡ lormetazepam 0.5–1 mg

≡ nitrazepam 5 mg

≡ oxazepam 10 mg

≡ temazepam 10 mg

Withdrawal symptoms for long-term users usually resolve within 6–18 months of the last dose. Some patients will recover more quickly, others may take longer. The addition of beta-blockers, antidepressants and antipsychotics should be **avoided** where possible.

Counselling can be of considerable help both during and after the taper.