

MODIFIED FROM TIP 54 SAMHSA: BENZODIAZEPINE ALTERNATIVES

Alternatives to Benzodiazepines for Sleep

1. Trazodone: 50mg – 100mg po QHS
2. Mirtazapine: 15mg po QHS
3. Amitriptyline: 10mg po QHS
4. Nortriptyline: 25mg po QHS
5. Trimipramine 25mg po QHS
6. Doxepin: 10mg – 25mg po QHS
7. Cyclobenzaprine: 10mg po QHS
8. Benadryl: 50mg po QHS
9. Melatonin: 5mg po QHS
10. Hydroxyzine: 25-50mg po QHS
11. Tizanidine: 4mg po QHS

Alternatives to Benzodiazepines for Anxiety

1. Citalopram: 20mg po QD
2. Pregabalin: Escalating dose over 8wks to 450mg po QD.
3. Gabapentin: Escalating dose over 8wks to 2700mg po QD.
4. Lamotrigine: (PTSD) Escalating dose over 8wks to 500mg po QD
5. Buspirone: 7.5mg po BID increase by 5mg Q 3D, to 15mg po BID. Maximum daily dose 60mg.
6. Clonidine 0.1mg po can repeat x 1 (Caution with BP)
7. Hydroxyzine: 25-50mg po
8. Sertraline: 25mg QD escalating to 50po QD after 1wk

Alternatives to Benzodiazepines for Panic Attacks

Acute: Clonidine 0.1mg po can repeat x 1 (Caution with BP)

Acute : Propranolol 10mg can repeat x 1 (Caution with BP)

Acute: Atenolol 25mg po x 1 (Caution with BP)

Valproic Acid: 500mg to 2000mg Escalating dose over 8wks.

Prophylaxis for Panic Attacks

Propranolol 10mg po TID. (Caution with BP)

Atenolol 25mg po BID (Caution with BP)