

*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: 10mg po QHS
5. Doxepin: 10mg – 25mg po QHS
6. Cyclobenzaprine: 10mg po QHS
7. Benadryl: 50mg po QHS
8. Melatonin: 5mg po QHS
9. Hydroxyzine: 25-50mg po QHS

Alternatives to Benzodiazepines for Anxiety

1. Citalopram: 20mg po QD
2. Sertraline: 25mg po QD
3. Pregabalin: (Social Phobia and Generalized Anxiety) Escalating dose over 8wks to 450mg po QD.
4. Gabapentin: (Social Phobia) Escalating dose over 8wks to 2700mg po QD.
5. Lomotrigine: (PTSD) Escalating dose over 8wks to 500mg po QD
6. Valproic Acid: (Panic Disorder) 500mg to 2000mg Escalating dose over 8wks.
7. Buspirone: (Generalized Anxiety) 7.5mg po BID increase by 5mg Q 3D, to 15mg po BID. Maximum daily dose 60mg.
8. Clonidine 0.1mg po can repeat x 1 (Caution with BP)

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)

Prophylaxis: Propranolol 10mg po TID. (Caution with BP)