



## Alternative Medications to Benzodiazepines for the Treatment of Anxiety and Insomnia

<b>Benzodiazepine</b>	<b>Labeled indication</b>	<b>Formulary alternatives</b>
Alprazolam (Xanax)	Anxiety disorders	Buspirone, Venlafaxine, Duloxetine, Escitalopram (up to 10 mg), Citalopram (up to 20 mg), Sertraline, Propranolol*, Prazosin*
Clonazepam (Klonopin)	Panic disorder	Sertraline, Escitalopram, Venlafaxine, Mirtazapine*
Clorazepate (Tranxene)	Anxiety disorders	Buspirone, Venlafaxine, Duloxetine, Escitalopram, Citalopram, Sertraline Propranolol*, Prazosin*
Diazepam (Valium)	Anxiety, acute/severe; Anxiety disorders; Muscle spasm, spasticity, and/or rigidity; Procedural anxiety, premedication	Buspirone, Venlafaxine, Duloxetine, Escitalopram, Citalopram, Sertraline Propranolol*, Prazosin*
Lorazepam (Ativan)	Anxiety; Procedural anxiety, premedication	Buspirone, Venlafaxine, Duloxetine, Escitalopram, Citalopram, Sertraline Propranolol*, Prazosin*
Temazepam (Restoril)	Insomnia, sleep onset, or sleep maintenance	Trazodone*, Mirtazapine*, Ramelteon
Triazolam (Halcion)	Insomnia, sleep onset	Trazodone*, Mirtazapine*, Ramelteon

\*Off-label use