



Therapeutic Interchange for Oral Sedative/Hypnotics

Patients under the age of 16 years old are excluded from this interchange.

ANTIHISTAMINES	
Ordered As	Substitute
<i>Doxylamine (Unisom)</i>	<i>Diphenhydramine (Benadryl)</i>
25 mg po HS	25 mg po HS
50 mg po HS	50 mg po HS
BENZODIAZEPINES	
Ordered As	Substitute
<i>Estazolam (Prosom)</i>	<i>Dispense as written.</i>
0.5 mg po HS	7.5 mg po HS
1 mg po HS	15 mg po HS
2 mg po HS	Insufficient data
<i>Flurazepam (Dalmane)</i>	<i>Temazepam (Restoril)</i>
15 mg po HS	15 mg po HS
30 mg po HS	30 mg po HS
<i>Quazepam (Doral)</i>	<i>Temazepam (Restoril)</i>
15 mg po HS	15 mg po HS
<i>Temazepam (Restoril)</i>	<i>Dispense as written</i>
7.5 mg po HS	
15 mg po HS	
30 mg po HS	
<i>Triazolam (Halcion)</i>	<i>Temazepam (Restoril)</i>
0.125 mg po HS	<i>15 mg po HS</i>
0.25 mg po HS	30 mg PO HS
NONBENZODIAZEPINE	
Ordered As	Substitute
<i>Eszopiclone (Lunesta)</i>	<i>Zolpidem (Ambien)</i>
1 mg po HS	5 mg po HS
2 mg po HS	5 mg po HS
3 mg po HS	10 mg po HS 5 mg po HS for women not currently receiving zolpidem.
<i>Melatonin (Various)</i>	<i>Melatonin(Various)</i>
3mg or less	3mg
4mg to 6mg	6mg
Greater than 6mg	9mg



Ramelteon (Rozerem)	Dispense as written
8 mg po HS	
Zaleplon (Sonata)	Zolpidem (Ambien)
5 mg po HS	5 mg po HS
10 mg po HS	10 mg po HS 5 mg po HS for women not currently receiving zolpidem.
Zolpidem (Ambien)	Dispense as written.
5 mg po HS	
10 mg po HS	5 mg po HS for women not currently receiving zolpidem.
Zolpidem controlled release (Ambien CR)	Zolpidem (Ambien)
6.25 mg po HS	5 mg po HS
12.5 mg po HS	10 mg po HS 5 mg po HS for women not currently receiving zolpidem.
Zolpidem sublingual (Eduar), Zolpidem spray (Zolpimist)	Zolpidem (Ambien)
5 mg sublingual HS	5 mg po HS
10 mg sublingual HS	10 mg po HS 5 mg po HS for women not currently receiving zolpidem.
Zolpidem sublingual (Intermezzo)	Zolpidem (Ambien)
1.75 mg	5mg po hs
3.5 mg	10 mg po HS 5 mg po HS for women not currently receiving zolpidem.