

# **WHAT TO EXPECT FROM WITHDRAWAL**

**ALCOHOL:** Withdrawal signs and symptoms usually start 24 hours after last use, but if you are a long term drinker, symptoms can start within hours of last drink. Detox can last a few days to two weeks.

**SIGNS AND SYMPTOMS OF ALCOHOL WITHDRAWAL:** Elevated BP, tremors, sweating, agitation, delirium tremens, nausea, vomiting, elevated pulse rate, anxiety, psychomotor agitation, insomnia, hallucinations (visual, auditory and tactile), paranoia, grand mal seizures, irritability, unsteady gait and loss of appetite.

**MEDICATIONS USED FOR ALCOHOL WITHDRAWAL:** Carbamazepine, Chlordiazepoxide, Promethazine, Atenolol and sometimes Clonidine. These medications will be given at the discretion of the nurse and MD, and are given per MD order. Some of these medications are only given if needed. For some chronic alcohol users, tremors can last for up to a year.

**BENZODIAZEPINES:** Withdrawal signs and symptoms usually do not start for 7-14 days after last use. Withdrawal can last a week to several weeks, depending on amount used and duration of use. Even if you take benzodiazepines as prescribed, you may still go through withdrawal.

**SIGNS AND SYMPTOMS OF BENZO WITHDRAWAL ARE:** insomnia, tics, loss of appetite, nausea, diarrhea, vomiting, anxiety, irritability, tremors, poor concentration, memory loss, seizures, depression, sensitivity to light, panic attacks, muscle spasms/cramps.

**MEDICATIONS USED TO TREAT BENZODIAZEPINE WITHDRAWAL:** Carbamazepine, Promethazine and Atenolol. All medications are given at the nurse's discretion and per MD orders which will vary from patient to patient. At Harmony, we do not taper benzodiazepines, as our MD does not feel that results are better with a taper than with just stopping medication completely. Questions should be referred to nursing staff.

**COMMON BENZODIAZEPINES:** Librium/chlordiazepoxide, valium/diazepam, ativan/lorazepam, rohypnol, clorazepate, temazepam, xanax/alprazolam, restoril and klonopin.

**OPIATES:** Detox usually lasts anywhere from three days to two weeks depending on the severity of abuse. Withdrawal signs and symptoms can be worse on the third and fourth day. Symptoms of withdrawal usually start 6-12 hours after stopping use of opiates.

**SIGNS AND SYMPTOMS OF OPIATE DETOXIFICATION ARE VARIABLE FOR EACH PERSON. SOME TYPICAL SYMPTOMS ARE:** rapid pulse, irritability, elevated blood pressure, dilated pupils, goose bumps, sweating, upset stomach, nausea, diarrhea, vomiting, tremors, unusual tics, feeling like crawling out of skin, general body aches, muscle spasms/cramps/pain, insomnia and loss of appetite.

**MEDICATIONS THAT WE USE TO TREAT OPIATE WITHDRAWAL:** Clonidine, chlordiazepoxide and promethazine. All medications are given at the nurse's discretion and per MD orders. It is recommended that people detoxing from methadone use go to a medical Detox center. If it is required, you will be sent to a hospital during Detox.

**COMMON OPIATES:** Heroin, opium, Percodet/Percodan, Vicodin, Lortab/Lorcet, Norco, Dilaudid, Fentanyl, Oxycodone, Hydrocodone, Codeine, Morphine, Tylenol #1, 2 or 3, MS contin/RMS, Demerol, and methadone.