



API ALVARADO
PARKWAY
INSTITUTE
BEHAVIORAL HEALTH SYSTEM

because you matter!

MANAGING DETOX

TIPS & TRICKS | WHAT TO EXPECT

TIPS & TRICKS TO MANAGE DETOX

Physical dependence and withdrawal go hand in hand. Detox involves eliminating the substance from the body in a safe, controlled way.

Contact a Mental Health Worker or Nursing if your symptoms are too difficult for you to cope on your own.

WAYS TO COPE...

...WITH PHYSICAL DISCOMFORT

REST – Herbal teas or sleep aids may help you get the rest your body needs as it is healing.

MEDICATION – May help reduce cravings, relieve pain, and stabilize your mood.

DIET – Healthy foods help flush out toxins from your body and are key to helping you detox quickly.

FLUIDS – Drink lots of fluids that contain electrolytes to avoid dehydration.

EXERCISE – Helps you feel better and sweating helps your body detox quicker.

SUPPORT – Attending groups, connecting with peers, and seeking individual therapy is strongly encouraged.

SHOWER – Taking a shower can make such a difference in how you feel and may even help you sleep better.

USE INTENTIONAL BREATHING – Breathing techniques can help reduce anxiety and get your “thinking brain” online. **See Box Breathing Technique below.**

...WITH CRAVINGS

RIDE THE WAVE – Remembering there is a beginning, middle, and end to a craving can be empowering.

WRITE A LETTER TO YOURSELF – When struggling, you have YOUR words to remind you of what motivates you to stay sober.

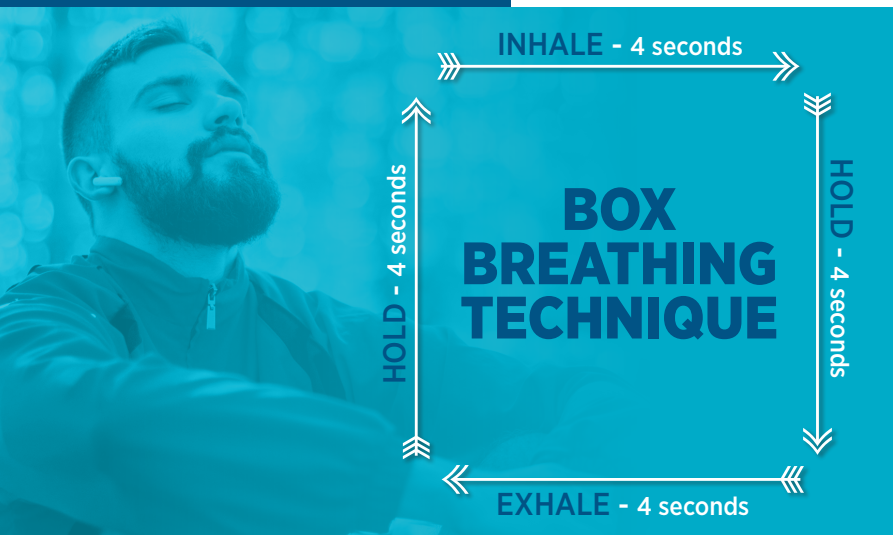
FAST FORWARD YOUR RELAPSE FANTASY – Envision your life without substances and all that you can accomplish once sober.

PAIN IS ONLY TEMPORARY – No feeling or craving lasts forever. **You got this!**

MEDITATE – Focusing on your breath can help distract you from the mental and physical pain of withdrawal.

LISTEN TO MUSIC – Listening to music is a great distraction and food for the soul.

READ A BOOK – Entrench yourself in another world during detox by picking up a book.



WHAT TO EXPECT...

Inpatient detox is typically about 5 days and includes detoxification, relapse prevention treatment, and discharge planning along with 24-hour supervision, observation, and support.

WITHDRAWAL FROM COMMON SUBSTANCES	BENZODIAZEPINES	ALCOHOL	OPIOIDS/HEROIN	STIMULANTS
ONSET	First symptoms occur 6-12 hours from last use and peak two weeks later	24-48 hours after Blood Alcohol Content (BAC) drops	Within 24 hours of last use	Depends on the type; possibly within hours of last use
DURATION	A few days up to several months	5-7 days	4-7 days	3-4 days
CHARACTERISTICS	◆ Sleep disturbance ◆ Nausea & vomiting ◆ Anxiety ◆ Panic attacks ◆ Poor concentration ◆ Excessive sweating ◆ Heart palpitations ◆ Headache ◆ Muscle spasms ◆ Changes in perception ◆ Cravings ◆ Hand tremors ◆ Hallucinations ◆ Seizures ◆ Psychotic reactions	◆ Nausea & vomiting ◆ Diarrhea ◆ Seizures ◆ Delirium tremens ◆ Anxiety ◆ Depression ◆ Irritability ◆ Fatigue ◆ Nightmares ◆ Tremors	◆ Fast pulse ◆ High blood pressure ◆ High body temp ◆ Insomnia ◆ Enlarged pupils ◆ Sweating ◆ Increased breathing ◆ Tearing ◆ Runny nose ◆ Muscle spasms/cramps ◆ Stomach pain/cramping ◆ Nausea & vomiting ◆ Diarrhea ◆ Agitation/anxiety	◆ Insomnia or restlessness ◆ Fatigue ◆ Nightmares ◆ Increased appetite ◆ Depression ◆ Paranoia ◆ Agitation ◆ General discomfort
MEDICAL/PSYCHIATRIC ISSUES	Post-acute withdrawal symptoms may continue for 6 months or longer including ◆ Persistent anxiety ◆ Chronic insomnia ◆ Poor concentration ◆ Depression ◆ Loss of sex drive	Virtually every organ system is affected (e.g. heart, liver, esophageal, and rectal varices)	Dehydration	◆ Stroke ◆ Cardiovascular collapse ◆ Organ failure ◆ Paranoia ◆ Violence ◆ Severe depression ◆ Suicide

Your Addictive Disorders Counselor is:

because you matter!



apibhs.com |    

24-HOUR INQUIRIES & SUPPORT: 800-766-4API (4274)

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