



HOME DETOX

DRUG	WITHDRAWAL SYMPTOMS	DRUGS THAT CAN HELP	WHAT YOU CAN DO	THINGS TO KEEP IN MIND
<p>OPIOID</p> <p><i>Call 911 if you feel your withdrawal symptoms are life threatening.</i></p>	<p>Nausea, vomiting, diarrhea, abdominal cramps. Chills, leg pain/restlessness, chills. Back pains, Muscle cramps, headache, shaking and trembling, Anxiety and panic attacks. Insomnia and restlessness. Loss of appetite, Watery eyes, Runny nose, Excessive yawning, Depression & crying.</p>	<p>Over the counter:</p> <ul style="list-style-type: none"> • Anti-diarrhea meds that contain Loperamide • ZzzQuil: sleep aid • Pepto-Bismol, Maalox or Mylanta: upset stomach/diarrhea <p>Prescription: Buprenorphine, methadone, naltrexone, dicyclomine, hydroxyzine, ondansetron.</p>	<ul style="list-style-type: none"> • Stay hydrated, drink lots of water • Gatorade, Pedialyte, or any drinks with electrolytes can help • Eat a well-balanced diet 	<ul style="list-style-type: none"> • Sudden withdrawal by heavily dependent users who are in extremely poor health and/or pregnant can be fatal <p>HHHRC is offering telehealth appointments for Buprenorphine. Please call CSAC Natalia at (808) 260-0671 for screening.</p>
<p>METHAM-PHETAMINE</p> <p><i>Call 911 if you feel your withdrawal symptoms are life threatening.</i></p>	<p>Anxiety, nervousness, depression, appetite change, sleepiness, fatigue, itching, dry mouth, mood swings, Low grade fever/warm sensation, paranoia, psychosis</p>	<p>Prescription: Anti-depressants</p>	<ul style="list-style-type: none"> • Stay hydrated. Drink lots of water 	
<p>ALCOHOL</p> <p><i>Call 911 if you feel your withdrawal symptoms are life threatening.</i></p>	<p>SEIZURES, hallucinations, seizures, anxiety/panic, delusions, headache, upset stomach, trouble sleeping, agitation, reduced pain tolerance, feeling restless.</p>	<p>Over the counter: Thiamine, Folic Acid</p> <p>Prescription: Librium, Naltrexone, hydroxyzine</p>	<ul style="list-style-type: none"> • Stay hydrated • Eat a well-balanced diet 	<ul style="list-style-type: none"> • Withdrawal/detox can be lethal • Consider tapering off
<p>BENZO</p> <p><i>Call 911 if you feel your withdrawal symptoms are life threatening.</i></p>	<p>SEIZURES, anxiety, depression, agitation. Muscle aches, tension, & twitching.</p> <p>Memory, sleep, and concentration problems. Restless, tremors, LOC change/disorientation.</p>	<p>Prescription: Librium, clonazepam, hydroxyzine, loperamide, Zofran</p>		<ul style="list-style-type: none"> • Withdrawal/detox can be lethal • Consider tapering off