

At home detoxification from *opioids only*

Before starting home detox, we strongly recommend contacting your medical provider to find out if it is medically safe and appropriate for you because other medical conditions could lead to harm with home detox. **Detoxing from other drugs (prescription or other) or alcohol can be dangerous.**

Common opioids

GENERIC	BRAND NAME
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyCotin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, TyCo, Tylenol #3
Fentanyl	Duragesic
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidian	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans
Heroin	

Detoxing

- Detoxing from **opioids alone** often feels like you are going to die, but is **rarely harmful to healthy people**
- If you are **pregnant**, have **HIV/AIDS**, or are taking **other drugs or alcohol** – **do not detox at home**
- If you have a serious illness or disease – *talk to your healthcare provider before starting detox*

Plan ahead

- Have a plan in place for detoxing – **plan when, how, and where** you will detox

Setting

- **Plan to be at home for a week**
- Find childcare if you have children
- Have a support person with you (or at least check in on you) and let family and friends know what you are doing
- Remove all drugs and drug equipment (dispose of all, they are triggers and can inhibit detox process)
- Delete numbers in your phone of people who could be potential sources

What to expect

- When you use opioids regularly, your body begins to depend on it to function. When this happens, you are physically dependent to opioids.
- When you stop using opioids regularly, you go into **withdrawal**
- Depending on use, withdrawal may start within **hours or days of last use**
- Withdrawal lasts between **3 days and 1 week**, and is most severe on 2nd and 3rd days
- Individuals withdrawing **truly believe that they are going to die**, it is that painful

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Opioid detox symptoms and comfort measures

Nausea and vomiting	<ul style="list-style-type: none"> • Pepto-Bismol • Eat easy to digest foods (applesauce, crackers) • Stay hydrated (sports drinks (Gatorade, Powerade), water, Ensure, Kool-Aid)
Diarrhea	<ul style="list-style-type: none"> • Imodium • Stay hydrated (sports drinks, water, Ensure, Kool-Aid)
Muscle aches and cramps	<ul style="list-style-type: none"> • Over the counter pain relievers (ibuprofen, acetaminophen) • Hot bath or shower – as many and as long as needed • Heating pad • Muscle ache cream (Bengay)
Inability to sleep	<ul style="list-style-type: none"> • Consider requesting a sleep aid from a medical professional • As soon as you are able, take a walk outside (even if it is a short walk, the activity can help your muscles relax and help you sleep)
Lack of energy	<ul style="list-style-type: none"> • As soon as you are able, take a walk outside (even if it is a short walk, the activity can help boost your energy)
Restless leg syndrome and anxiety	<ul style="list-style-type: none"> • Consider requesting medication from a medical professional, which may help with these symptoms

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How to support someone detoxing

- Make them as comfortable as you can – **most want it quiet and dark**
- Make sure they **stay hydrated** – red Kool-Aid with double sugar is a favorite
- Unless they request it, **do not touch them**, their skin may be very sensitive
- Address their symptoms as best you can (see above chart)
- It is a good idea to have another support person so you can **take care of yourself**

After detox

- Detox breaks the physical dependence and is the first step to living opioid free
- It is important to engage in support and treatment after detox as it can help sustain the long term process of learning to live without abusing opioids
- **As tolerance is reduced during and after detox, return to usual levels of use can cause severe, even fatal overdose**

Information in this pamphlet is intended for educational purposes. Consult a healthcare provider for healthcare advice.

Addictions hotline
(716) 831-7007

24 hour
Support • Link to treatment • Referral

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