

Alcohol withdrawal at home

Information for family and caregivers

Your loved one is starting alcohol withdrawal at home. This decision was made with healthcare professionals.



Important information

During the withdrawal process, they will have regular follow-up appointments in person or by telephone.

The pharmacist will also be involved in their follow-up care.

Why is alcohol withdrawal needed?

Your loved one has become physically dependent on alcohol and may experience withdrawal symptoms when they stop drinking.

These symptoms include anxiety, shaking or trembling, and sweating.

They might also have trouble sleeping.

Treatment

The treatment helps reduce withdrawal symptoms but may cause drowsiness.

Your loved one shouldn't drive or do activities that could be dangerous during the withdrawal period. Treatment usually lasts about 7 days.

Important instructions

Your loved one must avoid alcohol during the withdrawal process.

They must drink around 2 liters of fluids each day.

They must avoid parties and situations where there's a higher risk of drinking.

These actions can help make the withdrawal process more successful.

Your role as their family member or caregiver

Your loved one is responsible for their own recovery process.

You can offer support while respecting your own limits.

Avoid drinking alcohol in front of them.

Offer encouragement and acknowledge their efforts.

Encouragement

Acknowledge every step forward, even small ones.

Remind them of their reasons for making a change.

Withdrawal takes a lot of courage and effort.

They may be discouraged at times.

Support for you

You can receive support as a caregiver.

**Contact the addiction services
at the toll-free number:
1-866-964-4413.**

Let them know you are supporting a loved one going through alcohol withdrawal.

A professional can help you and provide information.



QUESTIONS?

For questions or concerns related to your loved one's medication, withdrawal symptoms, or psychological state, please contact:

Monday to Friday, between 8 a.m. and 4 p.m.

Nurse associated with the home alcohol withdrawal program

Name: _____

Telephone: _____

Professional involved with your loved one's follow-up care

Name: _____

Telephone: _____

**Weekends between 9 a.m. and 9 p.m.,
and weeknights until 9 p.m., or according
to opening hours**

Pharmacist

Telephone: _____

Every day between 4 p.m. and 8 a.m.

Info-santé and Info-social call 811

Crisis centre: _____

**In case of an emergency, call 911
(a seizure, a hallucination).**



Notes