

Alcohol withdrawal at home

Information for the service user

You have discussed this process with a nurse. Your risk of complications is low and you can safely do this withdrawal process at home.

Your withdrawal process

Treatment

- Treatment lasts at least 7 days.
- It starts at the beginning of the week to allow for a better follow-up of your condition.
- You have a prescription with doses that will decrease day after day.

Possible symptoms

- You may have shaking or sweating.
- You may feel anxious or irritable.
- You may have headaches or trouble sleeping.
- You may have strong cravings to drink.

Support at home

- Ask someone to stay with you during days 1 to 3, if possible.
- Having someone with you will help ensure your safety.
- Contact your withdrawal care team or pharmacist if you have any concerns.



Withdrawal medication

What is the medication for?

- This medication reduces withdrawal symptoms.
- It helps to reduce shaking, sweating, anxiety and cravings to drink.
- You can take it with or without food.

How to take it

- Always take this medication as prescribed by your care team and follow your pharmacist's instructions.
- Your pharmacy will provide this medication to you each day.
- Never take a dose that is higher than prescribed.
- Wait at least 4 hours between doses, unless otherwise advised.

Treatment and how long to take it

- Take the exact dose at the times indicated by your pharmacist.
- The dose will decrease each day, over a short period of time.
- This medication can cause dependence if not taken correctly.

Possible effects

- The medication usually starts working in less than an hour.
- It can cause tiredness or drowsiness.
- You may experience dizziness or confusion.
- Get up slowly to help prevent falls.

Serious effects to watch for

- You may experience temporary memory loss.
- If the effects are too strong, stop taking the medication and contact a healthcare professional.
- You may have difficulty breathing. If this happens, call 911.
- For any other problems that seem serious, go to the emergency department or call 911.

When to stop taking the medication

- If you are very drowsy.
- If you have trouble with your balance.
- If you are confused or have problems breathing.
- Contact your nurse, the pharmacist, or 911, depending on the level of urgency.

Important precautions during treatment

- Do not drive.
- Avoid alcohol.
- Talk to your pharmacist before taking any other medication or natural product.
- Never give your medication to anyone else.

Safety and storage

- Tell your other healthcare professionals that you are taking this medication.
- Keep the medication out of reach of children.
- Store it in a cool, dry place.
- Return any unused medication to the pharmacist.

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QUESTIONS?

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

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

Nurse associated with the home alcohol withdrawal program

_____ Tel.: _____

Professional involved with your follow-up care

_____ Tel.: _____

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

Pharmacist

_____ Tel.: _____

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).