



INSTRUCTIONS FOR USER OUTPATIENT ALCOHOL WITHDRAWAL

Explanatory document about withdrawal medication

LORAZEPAM, DIAZÉPAM or GABAPENTINE

- This medication is used to lessen withdrawal symptoms such as shaking, sweating, anxiety, irritability, intense thirst or cravings.
- It can be taken with or without food.
- It's very important to follow the prescription and the instructions given by the doctor, nurse and pharmacist.
- You may begin to feel its effects in less than an hour.
- Note that this medication is prescribed in decreasing doses over a short period of time, as there is a risk of dependence.

Possible side effects:

- Severe drowsiness or fatigue
- Confusion
- Dizziness or vertigo (stand up slowly)
- Difficulty breathing
(if you have serious difficulty breathing, go to the ED or call 911)
- Memory loss (does not cause Alzheimer's)

- If you experience one or more serious side effects, stop taking this medication and call the nurse.
- It's important to know that this medication may cause drowsiness and confusion. You should avoid driving while taking this medication.
- Avoid drinking alcohol with this medication as it may worsen the side effects.
- Do not take over-the-counter medications or natural products without first speaking to your doctor or pharmacist.
- Your medications are prescribed for you and your specific health condition. Do not share them with anyone else.
- Let all health professionals know that you are currently taking this medication.
- Keep it in a safe place, out of reach of children, and away from excessive heat or humidity.
- Return any remaining tablets to your pharmacist.

Explanatory document about alcohol withdrawal at home

You are about to begin alcohol withdrawal, a decision you made on your own and that you discussed during a meeting with the CRD nurse. Congratulations on your willingness to take this step. This decision will surely help you reach your personal goals. Here are some important things to know about the process.

First, it's important to know that your risk of experiencing complications has been assessed as low, which means it's safe for you to go through withdrawal at home. The withdrawal process always starts at the beginning of the week to make sure you're followed closely by professionals during the first few days.

- You have been given a prescription for decreasing doses over a period of seven days.
- During this time, you may experience withdrawal symptoms such as shaking, sweating, headaches, anxiety, irritability, difficulty sleeping, intense thirst and cravings.

→ We recommend you have someone stay with you for the first three days.

→ Here's the withdrawal regimen that has been prescribed for you:

☐ Fixed dose		☐ LORAZEPAM	☐ DIAZEPAM
Day 1	Take _____ tablet of _____ mg (fixed dose) at 8 a.m., 12 p.m., 5 p.m. and bedtime		
Day 2	Take _____ tablet of _____ mg (fixed dose) at 8 a.m., 12 p.m., 5 p.m. and bedtime		
Day 3	Take _____ tablet of _____ mg (fixed dose) at 8 a.m., 3 p.m. and bedtime		
Day 4	Take _____ tablet of _____ mg (fixed dose) at 8 a.m., 3 p.m. and bedtime		
Day 5	Take _____ tablet of _____ mg (fixed dose) at 8 a.m. and bedtime		
Day 6	Take _____ tablet of _____ mg (fixed dose) at 8 a.m. and bedtime		
Day 7	Take _____ tablet of _____ mg (fixed dose) at bedtime		
☐ Extra doses as needed in addition to regular doses			
Take _____ tablet(s) of _____ mg as needed			

OR

☐ Symptom-triggered dose		☐ LORAZEPAM	☐ DIAZEPAM
Day 1	Take _____ tablet of _____ mg (flexible dose) every 4-6 hours, as needed		
Day 2	Take _____ tablet of _____ mg (flexible dose) every 6-8 hours, as needed		
Day 3	Take _____ tablet of _____ mg (flexible dose) every 8 hours, as needed		
Day 4	Take _____ tablet of _____ mg (flexible dose) every 6-8 hours, as needed		
Day 5	Take _____ tablet of _____ mg (flexible dose) every 8 hours, as needed		
Day 6	Take _____ tablet of _____ mg (flexible dose) every 12 hours, as needed		
Day 7	Take _____ tablet of _____ mg (flexible dose) at bedtime, as needed		
☐ Extra doses as needed in addition to regular doses			
Take _____ tablet(s) of _____ mg as needed			

OR

☐ Fixed dose		☐ GABAPENTINE
Take _____	tablet(s) of _____	mg regularly X _____ day, then
Take _____	tablet(s) of _____	mg regularly X _____ day, then
Take _____	tablet(s) of _____	mg regularly X _____ day, then
Take _____	tablet(s) of _____	mg regularly X _____ day.
☐ Extra doses as needed in addition to regular doses		
Take _____	tablet(s) of _____	mg between doses
Take _____	tablet(s) of _____	mg at bedtime as needed

- Your medication will be given to you each day by your pharmacy.
- It's very important you follow the prescription and not take a bigger dose. You must wait at least four hours between doses to avoid overdosing.
- If you feel drowsy, off balance, confused or have difficulty breathing after a dose, stop taking the medication and call the nurse.

Follow-up schedule

Day 1 Date: ____/____/____	Day 2 Date: ____/____/____	Day 3 Date: ____/____/____	Day 4 Date: ____/____/____
☐ Phone ☐ Video consultation ☐ In person HH:MM	☐ Phone ☐ Video consultation ☐ In person HH:MM	AS NEEDED	AS NEEDED

Day 5 Date: ____/____/____	Day 6 Date: ____/____/____	Day 7 Date: ____/____/____	Day 8 Date: ____/____/____
AS NEEDED	AS NEEDED	AS NEEDED	☐ Phone ☐ Video consultation ☐ In person HH:MM

If you have any questions or concerns about the medication, the withdrawal symptoms or your mental state, please contact:

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

Follow-up nurse: _____ Phone: _____

Follow-up case worker: _____ Phone: _____

Weekends, 8 a.m. to 4 p.m.

Detox centre nurse _____ Phone: _____

Daily, 4 p.m. to 8 a.m.

Info-santé and Info-social _____ Phone: 811

Crisis centre: _____ Phone: _____

*In case of emergency, call 911 (possibility of seizures)