

INSTRUCTIONS FOR FRIENDS AND FAMILY OUTPATIENT ALCOHOL WITHDRAWAL

Explanatory document about alcohol withdrawal at home

One of your relatives or friends has decided to get help for their drinking problem, a decision they made with support from the professionals at the Centre de réadaptation en dépendance (CRD). The withdrawal process will take place on an outpatient basis, either at home or in person at the CRD.

This was recommended because they are physically dependent on alcohol, meaning they are likely to experience several withdrawal symptoms once they stop drinking, such as *anxiety, shaking, sweating and insomnia*.

The prescribed treatment will significantly lessen these effects, but also causes drowsiness, meaning they must abstain from driving, doing certain work tasks and carrying out any dangerous activities.

Withdrawal schedule

- The withdrawal process will last about 7 days.
- During this time, your relative or friend must:
 - Stay hydrated by drinking about 2 litres of non-alcoholic beverages per day;
 - Avoid drinking alcohol;
 - Avoid risky situations such as parties, group meals or festive gatherings.
- The success of the withdrawal process depends on them. However, you can support them as much as possible by doing the following:
 - Avoid drinking alcohol in front of them;
 - Encourage them throughout the process;
 - Celebrate their progress. This process takes a lot of strength, courage and determination. They may become discouraged at some point; if that happens, remind them why they decided to quit drinking in the first place.

Did you know you can ask for support as a relative or friend of a person with an addiction? For more information, contact the Centre de réadaptation en dépendance (CRD) at 450-443-4413, and tell them a relative or friend is in an outpatient detox program or planning to start one soon.

If you have any questions or concerns about the medication, the withdrawal symptoms or your relative's or friend's 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)

Reference: Documents G1-CPMD