

Withdrawal Symptoms

Withdrawal symptoms from Opioids may include but is not limited to:

Early symptoms:

- Altered perception of temperature (hot/cold flashes) • Agitation • Anxiety
- Change in libido (abnormally high or low) • Dehydration • Fatigue • Muscle aches
- Mental fog/confusion/lack of motivation • Increased tearing • Insomnia
- Restless legs • Runny nose • Sweating • Yawning • Skin-Crawling

Late symptoms:

- Abdominal cramping • Sneezing • Diarrhea • Dilated pupils • Goose bumps
- Nausea • Vomiting

Withdrawal symptoms from Benzodiazepines may include but is not limited to:

- Aches and pains • Agitation and restlessness • Anxiety, possible terror and panic attacks • Blurred vision • Chest pain • Depression (can be severe), possible suicidal ideation • Diarrhea • Dilated pupils • Dizziness • Dry mouth
- Fatigue and weakness[35] • Flu-like symptoms • Headache • Insomnia
- Impaired memory and concentration • Loss of appetite and weight loss
- Metallic taste • Nausea and vomiting • Nightmares • Restless legs syndrome

Inpatient detoxification is the best way to withdraw from controlled substances. They will be able to manage your symptoms hourly.

If you choose to withdraw as an outpatient I will do my best to help you manage the symptoms with Tegretol. This medication reduces but does not eliminate the symptoms.

If you develop any difficulty breathing or fainting you must go immediately to the emergency department. This could be a life threatening problem.

Patient

Date