

## OVER THE COUNTER HELPING HANDS

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- **Ben-Gay® or Icy Hot®:** apply to muscles & joints that are sore
- **Ice packs & Heating pads:** regulate temperature & help with sore muscles
- **Imodium® AD:** many people experience severe nausea, vomiting, diarrhea, & stomach cramps. Imodium's chemical makeup will help sooth these symptoms
- **Nonsteroidal anti-inflammatory drugs (NSAIDs) such as Advil®, Aleve®, Tylenol®, or Aspirin:** help with any aches & pains. Take which ever you prefer and does not interfere with any medications you are currently taking
- **Vitamin B-12:** boosts your mood & energy levels. It will also help to increase your concentration and immune system
- **Tea:** helps the body to relax, reduce anxiety, sleep, & stay hydrated
- **Epsom salts:** help to relax the nervous system, alleviate aches & pains, flush out toxins, increase nutrient absorptions, & increase energy
- **L-Tyrosine:** this non-essential amino acid may help reduce stress & increase overall mood

The best way to avoid abscesses, overdose, Hepatitis C, HIV, or other health conditions is to stop using. You can always ask a staff person for information or assistance on safe practices for drug use, treatment, and safe sex practices.

## LIFEPOINT SYRINGE ACCESS PROGRAM

**Vivent Health**  
1311 N 6<sup>th</sup> St  
Milwaukee, WI 53212  
(414) 225-1608

**\*HIV and Hep C Testing Available**

Adapted from resources created by the Harm Reduction Coalition

# A GUIDE TO WITHDRAWING

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Finding what  
works for you.



## INTODUCUTION

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It is important to remember that everyone experiences a very unique and individual withdrawal experience. Based on body chemistry, drug type, dosage, and other varying factors, you cannot compare your withdrawal experience to what you have heard from friends or family. There will be similarities but avoid assuming your withdrawal will be exactly the same.

Remember these are tips and suggestions. If you are not comfortable with any of these please, do not engage in them.

### STOP!

If during your withdrawal, you feel that your health is of great concern, please seek medical attention. Do not jeopardize your life.

## WITHDRAWAL SYMPTOMS

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Typically, the start of symptoms occurs 12-24 hours after the last dose wears off. Duration of symptoms can last anywhere from 5-7 days. If you are concerned about your health, please contact a professional health provider.

Possible signs & symptoms you may experience can include:

- **Anxiety/depression**
- **Cramped muscles**
- **Diarrhea**
- **Dilated pupils**
- **Excessive sweating**
- **Flu like symptoms**
- **Hot & cold flashes**
- **Insomnia**
- **Joint/bone pain**
- **Lack of appetite**
- **Muscle aches**
- **Nausea/vomiting**
- **Racing heart beat**
- **Restless leg syndrome**
- **Tremors or body jerks**
- **Watering eyes**

## COMFORT TIPS

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- ◆ Before you begin withdrawal, let a close friend or family member know. Having them available for a quick phone call or reassuring text will be helpful during this time.
- ◆ **FLUIDS!** Staying hydrated will prevent excess cramping in muscles as well as other health benefits.
- ◆ To manage sweats, take hot showers, wear light comfortable clothing, and use hot/cold packs.
- ◆ Grab a sketch book or journal if you think expressing your experience will help you.
- ◆ Sleep is an important part of the healing process. If you can't sleep, at least try to rest.
- ◆ Have a pre-made list of people/ places nearby that you could talk to and/or visit to help get you through this courageous process.

Try to find a free relaxation app on your mobile device. These guided meditations can help calm your racing thoughts.