

THINKING ABOUT QUITTING DRUGS?

⇒ Start Here!

⚠ If you are thinking about quitting drug use or if you have already started the process of quitting, it is important to get the help of a healthcare professional to decrease the risk of relapse. The following tips can help you get through the most common withdrawal symptoms.

The following **resources** can be helpful in providing you with all the necessary information about withdrawal:

- **Info-Health** : 811
- **Drugs : Help and Referral** : 1-800-265-2626
- **Street Youth Clinic** : (514) 527-9565
- **Plein Milieu** : (514) 524-1809
- **Cactus** : (514) 847-0067
- **Tel-Jeunes** : 1-800-263-2266
- **Jeunesse j'écoute** : 1-800-668-6868

What is withdrawal?

- It is a number of uncomfortable effects (symptoms) that occur when you **decrease or completely stop** taking drugs that you used regularly.
- The symptoms that occur can be felt in your body or in your mind (physical and/or psychological symptoms).
- **Do not stop taking drugs suddenly!** It is very important to **decrease the amount** you take **gradually** to lessen the withdrawal symptoms.

Tips

- For all over-the-counter medications at the pharmacy, read the instructions on the label before taking.
- The following information in no way replaces the opinion of a healthcare professional.

What should I do for my withdrawal symptoms...?

Depression, anxiety, hallucinations and paranoia

- Speak with a friend or family member
- Find a calm place to rest, without any bright lights or loud noises
- Consult a healthcare professional



Nausea and vomiting

- Cold compresses for the forehead, neck and wrists
- Slow and deep breathing
- Avoid lying down for 2 hours following a meal
- **Rehydrate yourself if you vomit!** Drink clear fluids (water, juice), Gatorade or a homemade recipe (1 litre water with 6 teaspoons of sugar and 1 teaspoon of salt)
- **Over-the-Counter medications:** Gravol (ask the pharmacist), ginger pills (Gravol), acupressure bracelets



General body aches and muscle pain

- **Over-the-Counter medications :** Tylenol, Advil, Aleve
- **Other :** Use/apply hot compresses; Bath or hot shower



Strong Cravings

- **Avoid visiting areas or people associated with your drug use**
- Distract yourself with activities that you enjoy
- Speak with friends, family and/or a healthcare professional



Constipation

- Drink lots of water!
- Eat foods rich in fiber: raw fruits and vegetables, whole wheat food, etc.
- Drink prune juice
- Do physical activity
- **Over-the-Counter medications:** Lax-A-Day, Metamucil, Colace, Milk of Magnesia, Glycerin suppository (if needed)



Sweating

- Wear light layers of clothing
- **Rehydrate yourself!** Drink clear fluids (water, juice) without alcohol or caffeine



Diarrhea

- **Rehydrate yourself!** Drink clear fluids (water, juice), Gatorade or a homemade recipe (1 litre water with 6 teaspoons of sugar and 1 teaspoon of salt)
- **Over-the-Counter medications :** Imodium



Fever and Headache

- **Over-the-Counter medications :** Tylenol, Advil, Aspirine
- **Other :** Cold compresses for your head and neck



Trouble sleeping and insomnia

- Avoid napping during the day
- Avoid physical activity right before bed
- Avoid caffeinated drinks : coffee, energy drinks, Coca Cola, Pepsi, etc.
- **Over-the-Counter medications:** Melatonin



Change in appetite

- **Increased appetite :** Control your portions; Eat several small meals during the day
- **Decreased appetite :** Eat protein bars or drinks if you skip a meal; Eat several small meals during the day

