

Rapid Detox Procedure

Detoxification is often one of the most challenging parts of the treatment and recovery process, especially when making the decision to enter treatment to overcome a dependency on opiates. One method that's revolutionized the process is a rapid detoxification approach designed to shorten the duration of opiate withdrawal in a safe and comfortable setting.

How It Works

Rapid detox is a procedure that's designed to safely accelerate the process of removing **opiates** from within the body's systems with the help of naloxone (Narcan) & Naltrexone (Revia), which reverses and block the opioid receptors. The Narcan infusion lasts anywhere from 30 to 90 minutes while the Naltrexone blocks the opioid receptors for 48 hours, the procedure is coupled with monitoring by medical staff.

Detox and Withdrawal

The rapid detox process also includes the withdrawal process, which takes place while the patient is sedated. Many patients are unaware they have gone through withdrawal at the same time that they **have** detoxed. Consequently, they'll wake up with no symptoms of withdrawal and no physical cravings.

Benefits of Rapid Detox

There is often a hesitation to enter treatment for some patients who are addicted to opiates, even among those who have acknowledged a problem and wish to take positive steps to recover, because of the difficulty of withdrawal. Since rapid detox is a process that encompasses both detox and withdrawal, there is no need to delay recovery simply due to a fear of severe withdrawal symptoms.

Part of the Overall Recovery Process

Rapid detox is meant to be the first step in the recovery process for patients. The process offers many benefits for patients looking to overcome an addiction to opiate drugs. The purpose of rapid detox is to place a patient in a position where they are more likely to get the most benefits from the remainder of their treatment.

Patients typically undergo a thorough evaluation prior to starting any program to identify potential physical and psychological issues.

Rapid detox is part of a confidential and private approach to treatment that focuses on the patient and their well-being. The after-care process includes careful monitoring in a supervised setting at a **aftercare recovery** center. Rapid detox is available to patients dealing with an addiction to a variety of opiates, including Morphine, hydromorphone, Oxycodone, Hydrocodone, Percocet, **Vicodin, Norco, Fentanyl, Kratom/7 Hydroxy (7-OH) and Heroin**. Also opium and any other opiate based substance.

OPIOID USE DISORDER:

When You Are Unable to Stop Using Opioids (Opioid Use Disorder)

What to Know

Opioid use disorder is when you're unable to stop using opioids. Opioids are very strong medicines that help treat pain. They include prescription pain medicines, such as codeine, morphine, hydrocodone, and fentanyl. They also include illegal drugs, such as heroin.

Opioid use disorder happens when people misuse opioids. This means using opioids in a way that's different from how they were prescribed. Taking prescribed opioids can lead to dependence, especially if you take them in larger amounts or more often than they should be taken.

Opioid use disorder can lead to taking too much of an opioid. This is called an overdose. An overdose can lead to death.

WHAT ARE THE CAUSES?

Opioid use disorder is caused by taking opioids. Taking opioids will cause changes in the brain that make it hard to control opioid use.

- For many people, this problem happens because they like the way they feel when they take opioids.

WHAT INCREASES THE RISK?

You're more likely to have opioid use disorder if:

- You begin using opioids early in life, such as when you're a teenager.
- You have family members with opioid use disorder.
- You have mental health problems, such as depression or post-traumatic stress disorder.
- You misuse other drugs.

WHAT ARE THE SIGNS OR SYMPTOMS?

A person with opioid use disorder may have mental, emotional, or behavior changes. They may also have changes in their body.

Mental and emotional changes

- Feeling sad, anxious, or irritable.
- Having a strong need for the opioid.
- Using the opioid even after it has led to problems, including health problems, job loss, or trouble with the law.
- Needing more and more of an opioid to get the same effect. This is called tolerance.

Behavior changes

- Taking more opioids than prescribed.
- Spending a lot of time getting opioids, using them, or recovering from their effects
- Using opioids in a way that affects your work, school, or social activities
- Using opioids when it's dangerous, such as when driving a car.
- Being unable to slow down or stop the use of opioids.

Changes in the body

- Infrequent/Decreased bowel movements (constipation).
- Not eating well and losing weight.
- Getting infections, such as hepatitis or HIV.

Withdrawal symptoms

You may get unpleasant symptoms if you don't use the opioid (withdrawal). You may:

- Feel sad or hopeless.
- Throw up or feel like you may throw up.
- Have muscle pain.
- Have uncontrolled movements of your muscles (spasms).
- Have trouble sleeping.

HOW IS THIS DIAGNOSED?

You may be diagnosed based on your health history, an exam, and your symptoms. Your health care provider may ask about:

- How opioids affect your life.
- Any changes in personality, behaviors, and mood.

Symptoms of opioid use disorder within a 12-month period.

- Health problems caused by opioids.

You may have blood or pee tests to screen for drugs.

HOW IS THIS TREATED?

The first goal of treatment is to stop your use of opioids. This must be done safely. You may need to take medicines to lessen withdrawal symptoms. Treatment may include:

- Counseling. This may be individual or group counseling. You may have to go to counseling daily.
- Avoid people and activities that remind you of opioids.
- Have a plan for times when you are most likely to relapse. Get phone numbers of those who are willing to help and who are committed to your recovery.
- Attend support groups. These groups provide emotional support, advice, and guidance.
- Keep all follow-up visits. Your treatment plan may change over time.

WHERE TO FIND SUPPORT

- Substance Abuse and Mental Health Services Administration: samhsa.gov
- Narcotics Anonymous: na.org

CONTACT A HEALTH CARE PROVIDER IF:

- Your symptoms get worse.
- You can't take your medicines as told.
- You have a relapse.

GET HELP RIGHT AWAY IF:

You feel like you've taken too much of an opioid. Symptoms of an overdose include:

- Slow and shallow breathing.
- Very slow heartbeat.
- Profuse sweating.
- Decrease in Blood Pressure (BP)
- Pale skin color.
- Slurred speech.
- Trouble waking from sleep.
- Confusion.
- Throwing up / Nausea and Vomiting
- Very small pupils
- You have thoughts about taking your own life.
- Feeling Anxious/hopeless.

These symptoms may be an emergency. Take one of these steps right away:

- **CALL 911**
- Go to your nearest emergency room.
- Administer intranasal Narcan spray (if available)

Call [911](tel:911) or get emergency medical help right away to treat an opioid overdose or accidental use of an opioid, even if naloxone or nalmefene is administered.

ADVERSE EFFECTS

Opioid abuse may lead to psychological, emotional and behavioral changes. For additional help consider the following:

- Contact the Suicide Crisis Lifeline (24/7, free and confidential):
- Call or text 988.
- Chat online at chat.988lifeline.org.
- For Veterans and their loved ones:
- Call 988 and press 1.
- Text the Veterans Crisis Line at 838255.
- Chat online at www.veteranscrisisline.net.
- Going to a treatment center for several days or weeks.

- Joining a support group. Support groups are run by people who have quit using opioids.
- Taking medicines as told. Medicines may:
- Treat symptoms and prevent problems caused by withdrawal.
- Block cravings and block the good feeling that you get from opioids.
- Treat other mental health problems.
- Reduce agitation.

RELAPSE

Recovery can take a long time. Some people who have treatment start using opioids again after stopping. This is called relapse. If you relapse, it doesn't mean that treatment will not work.

FOLLOW THESE INSTRUCTIONS AT HOME:

Take your medicines only as told.

Check with your provider before starting any new medicines, herbs, or supplements.

General Instructions

- Do not use drugs or alcohol.
- Learn and practice techniques for decreasing stress.
- Avoid people and activities that remind you of opioids.
- Have a plan for times when you are most likely to relapse. Get phone numbers of those who are willing to help and who are committed to your recovery.
- Attend support groups. These groups provide emotional support, advice, and guidance.
- Keep all follow-up visits. Your treatment plan may change over time.

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NALTREXONE

One of the **MOST EFFECTIVE** methods to prevent RELAPSE and decrease cravings after your rapid detox, is the administration of Naltrexone Injection (**VIVITROL**) or the oral Naltrexone (**RE VIA**). This medication acts as an opioid antagonist and blocks the opioid receptors from the effects of opiates. VIVITROL is prescribed and should be administered once-monthly (every 30 days) to prevent relapse to opioid dependence after opioid detoxification. Vivitrol also helps decrease cravings for opiates, VIVITROL **lasts up to 1 month** and must be **administered by healthcare provider once a month**. VIVITROL is not habit-forming and is non-narcotic.

After your Rapid Detox: Research-Based Treatment

We recommend a range of evidenced-based treatments by professional psychiatrists, marriage and family therapists, certified addiction counselors, as well as trained nurses and physicians. We can help you find a treatment program that works for your individual needs. We utilize evidence-based and alternative treatment therapies such as:

- Individual Psychotherapy
- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing
- Individual Case Management
- Individual Psychiatry & Nursing
- Relapse Prevention
- Symptom Management (includes medication management or Holistic options)

We Offer a Holistic Approach to Substance Use Treatment and Relapse Prevention.

Our holistic options will help you to bring quality of life changes home with you after treatment. Holistic therapies include:

- Breathwork
- Meditation
- Yoga
- Sound Baths
- Physical Fitness
- Nutritional Counseling
- Music Therapy
- Hot Tub Aquatic therapy
- Massage Therapy weekly (6-8 weeks)
- Acupuncture

Clients can heal their bodies and minds while learning valuable coping mechanisms and strategies for maintaining a strong and lasting recovery after leaving our treatment programs. Holistic treatment options can be used alone or combined with our many other treatment modalities to help clients achieve the most positive treatment outcomes.

ACKNOWLEDGEMENT OF RECEIPT OF POST-TREATMENT INSTRUCTIONS

I, the undersigned, hereby certify that I accept the care/treatments rendered to the patient receiving healthcare services by Integrative Health Services (Opiate Detox Institute) and all their providers including but not limited to: Physicians, Nurses, anesthesiologists, radiologists, laboratories, pharmacies, hospital and clinical care workers. I understand that, by signing below, I agree to personally accept full responsibility for all associated care/treatments/services provided to the patient by Provider. Furthermore, I certify that I have had the opportunity to ask all questions related to the medical care and treatments provided and was given adequate answers.

X_____
Patient's Signature_____
Patient Name (Please Print)_____
Date_____
Authorized Representative (Please print if applicable)_____
Authorized Representative's Signature_____
Relationship to Patient

Please call our office for any additional recommendations. Please call Jim Shad, RN, Clinical Coordinator at (714) 813-0080 or Dr. Amir Norbash (949) 315-3005.