

# Drug Withdrawal: 3 Things to Know

Deciding to stop using drugs is a big step.

And as you begin this journey, you may experience certain physical symptoms known as withdrawal.

These symptoms are different for everyone.

Symptoms people experience also depend on the type of drug they were taking.

And it's important to know that drug withdrawal symptoms can be serious.

So it's a good idea to talk to your doctor to make sure you have all the support you'll need now that you're ready to stop using drugs.

It may also help to know what to expect as you get started.

Here are 3 things to know about drug withdrawal.

One. Your body *\*will\** react when you stop taking drugs.

The more drugs you take, and the longer you take them, the more your body gets used to them.

That's why your whole body--your brain, your muscles, all the way down to your cells--craves the drugs you've stopped taking.

It's natural for your body to want what it used to have.

Withdrawal can make you feel very sick and uncomfortable.

But it's part of the recovery process, and you can *\*do\** this.

Two. How you will feel depends on the drug you were using.

You may have nausea, vomiting, diarrhea, and sweating.

And you may feel tense and edgy.

You may also feel sad, get anxious, or feel shaky.

These symptoms may be uncomfortable.

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But try to remember that those symptoms mean your body is adjusting and you're on the road to feeling better.

Remember to call 911 immediately for emergency care. For example, call if: You are confused or disoriented.

You have a seizure or problems breathing.

You see or feel (hallucinate) things that are not there.

And please, if you have thoughts of hurting yourself or another person, get emergency help or call or text 988 right away.

Three. Your doctor may suggest you take certain medicines to help with withdrawal symptoms and to help manage cravings.

You may worry or have questions about taking medicine when you're trying to quit using drugs.

But some drugs can cause dangerous withdrawal symptoms, and medicine can help keep you safe.

Talk with your doctor about what will work best for you. Your doctor may suggest withdrawing and treatment at an inpatient or outpatient facility.

All of this may seem like a lot.

Just try to remember that you're taking a big step toward a life free from drugs.

The people on your care team understand what you're going through, and they'll be there to support you.

It may also help to spend more time with people who want you to succeed.

Look for a good support system that includes people who will help you meet your goals and will check in with you to see how you're doing.

Keep in mind that sometimes that may mean staying away from people who aren't focused on your success.

And remember, if you have any questions, you can always call your doctor.

You don't have to do this alone. They are there to help.