



GETTING STARTED ON Alcohol Withdrawal Treatment

Patient Name _____ Provider Name _____ Date _____

WHAT IS ALCOHOL WITHDRAWAL?

Alcohol *dependence* occurs when the brain gets accustomed to heavy and prolonged alcohol use. Alcohol *withdrawal* occurs when alcohol use is suddenly decreased or stopped in an individual with alcohol dependence, which can lead to symptoms such as anxiety, tremor, sweating, and nausea starting as soon as several hours after the last drink. Alcohol withdrawal typically lasts 5–7 days, and if unrecognized or untreated, may lead to seizure or death.

HOW CAN IDEAL OPTION HELP?

Ideal Option can offer:

- Treatment that can make you safer and more comfortable by relieving withdrawal symptoms
- Daily monitoring during the critical 5–7 day period
- Ongoing medication management to help prevent return to drinking

You might benefit from alcohol withdrawal management at Ideal Option if:

- You have a history of heavy and/or prolonged alcohol use
- You experience symptoms such as anxiety, tremor, sweating, or nausea within several hours to a few days after stopping or reducing alcohol use
- You are drinking to feel “normal”
- Your alcohol use is causing problems at home, at your job, or with friends and family

MEDICATION OPTIONS

(circle one or insert custom plan)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
LIBRIUM 25mg tablets	50 mg (every 6 hrs)	50 mg (every 8 hrs)	50 mg (every 12 hrs)	25 mg (every 8 hrs)	25 mg (every 12 hrs)	25 mg (every 12 hrs)	25 mg (at bedtime)	—
GABAPENTIN 300mg capsules	300 mg (every 6 hrs)	300 mg (every 8 hrs)	300 mg (every 12 hrs)	300 mg (at bedtime)	—	—	—	—
ATIVAN 1mg tablets	2 mg (every 8 hrs)	2 mg (every 8 hrs)	2 mg (every 12 hrs)	1 mg (every 8 hrs)	1 mg (every 12 hrs)	1 mg (at bedtime)	0.5 mg (at bedtime)	0.5 mg (at bedtime)
CUSTOM								

Medication Start Time

Start taking your medication as soon as you receive it. You may need to start your medication half-way through a day, or you may find that your medication dosages don't align with the start of a specific day. If you have questions/concerns, reach out to the Nurse Care Team by calling 1-877-522-1275.

Additional Prescriptions

Deficiencies in thiamine and folic acid are common with chronic alcohol use and can cause anemia and other complications involving the heart and nervous system. Correcting these deficiencies is important for long-term health.

Medication	Used To	Dosage	Instructions
Thiamine	Replenish Vitamin B1	100mg tablet	Take 1 tablet daily for 3 days
Folic Acid	Replenish Vitamin B9	1mg tablet	Take 1 tablet daily for 3 days

Prescription Pick-Up

Ideal Option makes every effort to expedite prescriptions for alcohol withdrawal. If your prescription is not ready for pick-up within 4 – 6 hours, please call 1-877-522-1275.

Next Visit

You should plan to be seen at Ideal Option daily for up to 5–7 consecutive clinic days for close monitoring.

Please schedule your next visit for (date): _____

Nurse Care Manager

Your Nurse Care Manager will check in with you **daily** to monitor your symptoms and answer questions about the medication. You can also reach out to a nurse **at any time** (available 24/7) by calling 1-877-522-1275.

What to Watch For

We recommend that you call 911 or go to the nearest Emergency Department for any of the following symptoms during your treatment with Ideal Option for alcohol withdrawal:

- Worsening symptoms despite taking several doses of your medication
- Ongoing vomiting, inability to hold down liquids or medication
- Disorientation or confusion
- Oversedation (extreme grogginess or difficulty waking up)
- Seizure

Top 5 Things to Remember During the Withdrawal Phase

1. **Do not drive a vehicle or operate heavy machinery** while undergoing treatment for alcohol withdrawal.
2. **Do not drink alcohol** in combination with your prescribed medications.
3. **Take the dosage that you're prescribed, and don't take any non-prescribed sedating medications** (e.g. opioids, benzodiazepines, sleep medications). Taking more medication than you're prescribed, or taking non-prescribed medications, can cause excessive sedation, which may lead to potentially serious suppression of breathing.
4. **Have a competent adult at home.** Having a competent adult in the home with you helps ensure you're tolerating the medication well and responding as expected.
5. **Stay hydrated and eat nutritious food.** When going through withdrawal, it's easy to become dehydrated, which can lead to nausea, headaches, and cold sweats. Stay hydrated by drinking water, Pedialyte, and Gatorade. Additionally, though eating may be the last thing on your mind, nourishing your body is necessary to heal properly. Eat healthfully!