

## **GENERAL INFORMATION ON WITHDRAWAL**

### **How can you make withdrawal more comfortable?**

There are many things you can do to make your withdrawal as comfortable and as safe as possible:

- Try to include a variety of fresh fruit and vegetables, pasta and rice in your diet. They all play a role in repairing damaged tissue and the immune system.
- Light exercise such as walking or some gentle stretching may improve circulation to muscles and joints and reduce discomfort. Don't push yourself.
- A bath or oil burner with a few drops of lavender oil may relieve stress and anxiety. Listen to relaxing music. Borrow relaxation tapes from the library.
- Keep your environment warm and have a comfortable clean bed as you may sweat a lot. Try some herbal teas e.g. Chamomile, Valerian or Sleepy Time to help reduce tension. These will also help you sleep.

### **Hep C and Withdrawal**

The symptoms of Hep C may increase while you detox. This could include increased localised pain in the liver, aches and joint pain in the legs, cramps, nausea and vomiting. Alcohol and other drugs may have been masking these symptoms, so it makes sense that detoxing will bring these symptoms to your notice. You need to address improving your general health to help with these symptoms.

### **General Information for all withdrawal.**

It can be very natural for people to feel a little bit concerned about how they will continue to stay clean or drink free after the withdrawal period.

It is also very natural to have 'better days' and 'worse days'. Sometimes when people are in their 'worse' moments they can get frightened about being 'back where they started from' And feel that they have not progressed at all. A 'bad' day needs to be seen as only a temporary setback, but how to get yourself moving forward again!

### **Here are some hints on what to do if you have a temporary setback:**

- *Remember this is only temporary, it will pass*
- *Get in early* and recognise the signs or likely triggers
- *Reassure yourself* - a setback doesn't mean you have failed
- *If possible, work out why it happened.* Learn from it and develop strategies that maybe helpful for the future
- *It's ok to seek help from others.* Utilise your Case Manager or counsellor
- *Review* what was helpful and what didn't help
- *Reinforce your achievements.* Recognise that you did cope

### **What else can you do?**

Remember your counsellor or Case Manager is available to help you and support you through your withdrawal. Try to use your initial enthusiasm to keep your motivation high.

If you have any questions about drugs & alcohol, please feel free to contact our service on **1300 652 226**. Our counsellors and nurses will be happy to talk with you about what's involved and answer any questions you might have.