

Drug Detox Symptoms and Treatment

Substance	Withdrawal Symptoms	Detox Treatment
Alcohol/ sedatives	Insomnia, nervousness, sweatiness, tremors, seizures, hallucinations, fluctuations in pulse and blood pressure	Use benzodiazepines or phenobarbital
Cannabis	Depression, irritability, appetite suppression, diarrhea, nausea, abdominal pain, tremors, sweating, fever and chills	No approved detox meds; tell patients to get plenty of rest and fluids
Nicotine	Reduced alertness, irritability, headache, intense craving	Nicotine replacement therapy (NRT), or agonists such as varenicline and bupropion
Opioids	Nausea, back aches, muscle cramps, diarrhea, runny nose, intestinal cramps	Tapering alone for less severe cases; for more severe cases, tapering using methadone or buprenorphine
Stimulants	Fatigue, depression, irritability, increased appetite, sometimes suicidal behavior	No pharmacotherapy for stimulant addiction; supportive care recommended

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