Alcohol Withdrawal

When a person has developed tolerance to alcohol, a sudden stopping of alcohol can cause physical problems. Most of the time these are mild. Problems may include anxiety, panic attacks, and bad dreams. There may also be stomach upset. Normal sleep is often interrupted. This may last for 6 months.

Your doctor has determined that you understand your medical condition, and that your mental state is back to normal. You understand that you:

- Have been treated for alcohol withdrawal.
- Have agreed not to drink any alcohol for a minimum of 1 day.
- Will not operate a car or other machinery for 24 hours.
- Have had a chance to ask any questions about your condition.

HOME CARE

Your doctor can provide you with medicine that will help you through this period. Try to avoid situations, friends, or drugs that made it possible for you to keep using alcohol in the past.

GET HELP RIGHT AWAY IF:

- You have a seizure.
- You develop a temperature of 102° F (38.9° C) or higher.
- You have uncontrolled throwing up. You throw up blood. This may be bright red or look like black coffee grounds.
- You have blood in your poop. This may be bright red or black and tarry.
- You are light headed or faint. DO NOT DRIVE IF YOU FEEL THIS WAY. Have someone else drive you or call 911 for help.
- You are more agitated or confused.
- You have uncontrolled anxiety.
- You see things that are not really there.

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