

Opiate Withdrawal

These are the 3 phases of withdrawal most people experience while detoxing from opiates.

Symptoms

-  Depression
-  Insomnia
-  Nausea
-  Vomiting
-  Diarrhea
-  Abdominal Cramps

Rebalance

Phase 2 of opiate withdrawal lasts about 2 weeks. As the body works to get all substances out, it also works to rebalance endorphin levels that were depleted during opioid use.

Symptoms

-  Anxiety
-  Restlessness
-  Insomnia

Acute Withdrawal

Phase 1 symptoms begin about 12 hours after your last opiate use (or within 30 hours of the last methadone dose), peak around the 3 day mark, and last about 5 days total.

Symptoms

-  Chills
-  Dilated Pupils
-  Leg Cramps

Longest Phase

Phase 3 of detox from opiates is the longest phase; lasting anywhere from 1 week to 2 months, but it is the least severe.

Phase 1

Phase 2

Phase 3

Opioid Free!

What to expect when detoxing from opiates

Phase One

This is the phase right after you reduce your dose or stop taking the medications, about 12 to 30 hours after your last use. You can experience any of the following symptoms: depression, nausea, cramps, diarrhea, and insomnia. At this point, your body is reacting to the immediate absence of the drug it has become used to. It is the physical phase where you will go through most of the physical pain. This phase could last 5 days to a week. You should start to feel better as you move into phase two.

Phase Two

At this point, your body is going to start working out most of the toxins that you have built up over the time period of using the medication. The less time you have been on the drug and the less you have used, the easier this stage may be. Phase two can last about two weeks. As your body works to get rid of all the toxins, it also works to balance the natural substances in your body (endorphins) that were reduced while you used opiates. Symptoms that might be experienced at this phase include chills, sweating, goose bumps, dilated pupils, leg cramps, and restless leg syndrome.

Phase Three

This phase can be the most difficult for some people. Phase three is generally the longest, but people who have successfully tapered off of opiates say it is often the least severe phase. The symptoms here can be more psychological than physical but there will still be some physical pain and discomfort. Symptoms here might include anxiety, restlessness, and insomnia.