De Paul Treatment Centers

Detox Client and Family Information

De Paul Treatment Centers provides medically managed detoxification services for adults. The detox process usually lasts 2-10 days depending on the substance(s) you use, on how heavily you have been using, how long you have been using, mental health and physical health status.

Your Role

- Bring in at least a 7 day supply of your current prescription medications with a valid label and in the original pharmacy container. We will provide medication management for withdrawal symptoms and safe detoxification, but you're responsible for your routine medication.
- Focus on rest & recovery.
- Drink plenty of fluids.
- Nourish your body. You will be provided with 3 meals plus snacks each day.
- Keep staff informed about how you are feeling so they can manage your detoxification effectively.
- The detoxification process can be uncomfortable and stressful. Please be respectful of roommates, other clients and staff in order to reduce unnecessary stress.

Monitoring

- Upon admission your personal belongings will be stored in a secure area. You will be provided scrubs, shower shoes, hygiene supplies and linens for your stay in the detoxification unit. Limited personal items are allowed while in detoxification.
- Registered nurses will care for your detoxification needs during your stay 24 hours a day, 7 days a week. They are responsible for assessing your health, progress and readiness for transition. They do so by completing physical and withdrawal assessments, checking vital signs, administering medications and providing education on withdrawal symptoms, treatment and recovery support.
- You will be on camera 24 hours a day – except when you are in the bathroom.
- Staff will frequently need to monitor and assess you to ensure safe and comfortable medical detoxification. In order to facilitate this, you need to remain in your room unless you are escorted by staff or scheduled for activities in an assigned area.
- A Licensed Medical Provider (LMP) will meet with you within 24 hours of your admission to complete a history and physical and discuss your treatment plan.

Detox Medications

The LMP will order medications to support a safe detoxification with minimal discomfort. Some of the medications that might be ordered for you are:

- Diazepam, Librium, Lorazepam – for withdrawal symptoms
- Buprenorphine – for opiate detoxification and dependence
    - In collaboration with Dr. Paul Conti and Pacific Premier Group, you may be appropriate for continuing buprenorphine maintenance treatment. This is a self-pay option for services.
- Naltrexone – for opiate/alcohol dependence
- Methocarbamol – for muscle/body aches
- Trazodone – for insomnia
- Hydroxyzine – for anxiety
- Promethazine, Ondansetron – for nausea and vomiting
- Clonidine – to control vital signs and anxiety
- Dicyclomine – for abdominal cramps

Smoking

Smoking is not permitted while you are in detox. Chewing tobacco and nicotine gum are also not permitted. We will provide nicotine patches to help with withdrawal symptoms if appropriate, clients are responsible for cost of patches while in residential treatment.

Phone calls

No phone calls or messages are allowed while in detox to prevent relapse triggers. You can make 1 phone call while you are having an integrated alcohol and drug assessment with a counselor present for support.