

10 Reasons to Quit

I want to quit because:

1. I want to be in control of my life
2. I am concerned about potential health problems
3. I want to get more things done
4. I want to save money
5. I want to keep my job
6. I know others with health problems caused by drugs
7. I am concerned about legal problems
8. I want to be a better example for my children
9. I want to have more energy
10. I want to think more clearly

List more reasons to quit:

TOOLS FOR RECOVERY

You may feel as if there is a battle going on in your mind: part of you wants to use but part of you wants to stay clean. It is important to be alert to the thoughts and behaviors that signify mental relapse:

- Thinking about people, places, and things that remind you of drug use
- Glamorizing your past use
- Lying
- Hanging out with “friends” who use
- Daydreaming about using
- Thinking about going back to your “old self”
- Planning to use again and how to hide it from others

To help cope with these urges, remember these tips:

- Take your recovery one day at a time
- Wait: most urges do not last very long
- Talk to someone about your urges
- Distract yourself: be physically active, read, watch TV, play with your kids
- Attend a self help meeting such as AA or NA



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Phone: 1-866-WV-QUITT
 Website: www.wvrxabuse.org

A logo for the West Virginia Prescription Drug Abuse Quitline. It features a stylized 'Rx' symbol in blue on the left. To the right of the symbol, the text 'West Virginia Prescription Drug Abuse Quitline' is written in a blue sans-serif font. Below this text, the phone number '1-866-987-8488' is displayed in a red sans-serif font. The entire logo is enclosed in a light blue rectangular border.

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What to Expect During Recovery

WEST VIRGINIA PRESCRIPTION DRUG ABUSE QUITLINE

Toll-free: 1-866-WV-QUITT
 24 hours, 7 days a week

Withdrawal

As you make the decision to end your abuse of prescription drugs, it is important to be prepared.

Move forward carefully and with the supervision of a doctor or treatment center.

Some drugs generate major physical withdrawal (like alcohol, opiates, or tranquilizers) and some drugs generate less physical but more emotional withdrawal (like cocaine, marijuana, or ecstasy).

Be aware that every person's physical withdrawal pattern is different. If you don't experience significant physical withdrawal that doesn't mean you are not addicted. It simply means your withdrawal pattern may be more emotional.

When you quit, physical withdrawal symptoms occur first and may last for a few weeks. These are followed by emotional withdrawal symptoms which can last several months.

Acute Physical Withdrawal Symptoms

Opioids: prescription narcotics such as morphine (like Kadian, Avinza), codeine, oxycodone, Percocet, Lomotil, Vicodin, Loricet, Loritab, Percodan, Oxycontin

- Perpetual fatigue
- Hot/cold sweats
- Heart palpitations
- Joint & muscle pain
- Vomiting
- Nausea
- Uncontrollable coughing
- Diarrhea
- Insomnia
- Watery eyes
- Excessive yawning
- Poor sleep

Sedatives: Barbiturates, & benzodiazepines such as mephobarbital (Mebaral) and pentobarbital sodium (Nembutal), Valium, Xanax, Librium, Klonopin

- Abdominal cramps
- Nausea
- Agitation
- Insomnia
- Sweating
- Exhaustion
- Sensitivity to light, sound, and touch
- Fatigue
- Long but disturbed sleep
- Strong hangover
- Violence

Stimulants: such as dextroamphetamine (Dexedrine and Adderall) and methylphenidate (Ritalin and Concerta)

- Sweating
- Agitation
- Insomnia
- Abdominal cramps
- Nausea
- Exhaustion
- Tactile disturbances
- Disorientation
- Sensitivity to light and sound

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Emotional Withdrawal Symptoms

- Anxiety
- Restlessness
- Irritability
- Confusion
- Difficulty sleeping
- Poor concentration
- Depression
- Social isolation

Preventing Misuse

- Always follow medication directions carefully.
- Do not increase or decrease doses without talking with your doctor.
- Do not stop taking medication on your own.
- Do not crush or snort pills.
- Be clear about the drug's effects on driving and other daily tasks.
- Learn about the drug's potential interactions with alcohol, other prescription medicines, and over-the-counter medicines.
- Inform your doctor about your past history of substance abuse and talk about pain management.
- Do not use other people's prescription medications and do not share yours.

Visit www.wvrxabuse.org for more information about recovery