

RECOGNIZING WITHDRAWAL

Benzos • Opioids • Medetomidine

WHAT IS WITHDRAWAL?

Withdrawal happens when your body reacts to not having a drug that it has gotten used to having. This can happen even if you didn't knowingly take a drug.

Opioids in the unregulated drug supply can have unexpected substances in them like benzodiazepines (benzos) and medetomidine. These can cause withdrawal symptoms.



Some withdrawal symptoms can be life-threatening

Get urgent medical care for any of these symptoms:

- seizures
- severe vomiting
- racing heart rate or chest pain
- confusion
- difficult to wake
- severe headache

Other withdrawal symptoms can include: tremors, sweating, anxiety, agitation

***All symptoms can be treated by getting medical care quickly.**

WHAT ELSE SHOULD I KNOW?

Withdrawal from opioids and medetomidine can start within hours after your last use.

Withdrawal from some benzos can take days to happen.

Different drugs can cause similar withdrawal symptoms. A person can experience more than one type of withdrawal at the same time.

Drug checking can help you avoid substances that may cause withdrawal.

Use harm reduction practices to reduce risk of overdose.



Test your
drugs



Check drug
alerts



Have naloxone
and know how
to use it



Use with
someone you
trust



Take turns using
so you can help
each other



Start low,
go slow

For more resources go to: www.towardtheheart.com

For BC mental health and substance use supports visit: helpstartshere.gov.bc.ca

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