

# MEDICALLY MONITORED WITHDRAWAL

**BEFORE BEGINNING TREATMENT**  
for a substance use disorder, you will be guided through a medically-monitored withdrawal process to rid your body of toxins that have accumulated from substance use.

Medically monitored withdrawal lays the foundation for recovery by encouraging the body to gradually function without the use of chemicals or alcohol.

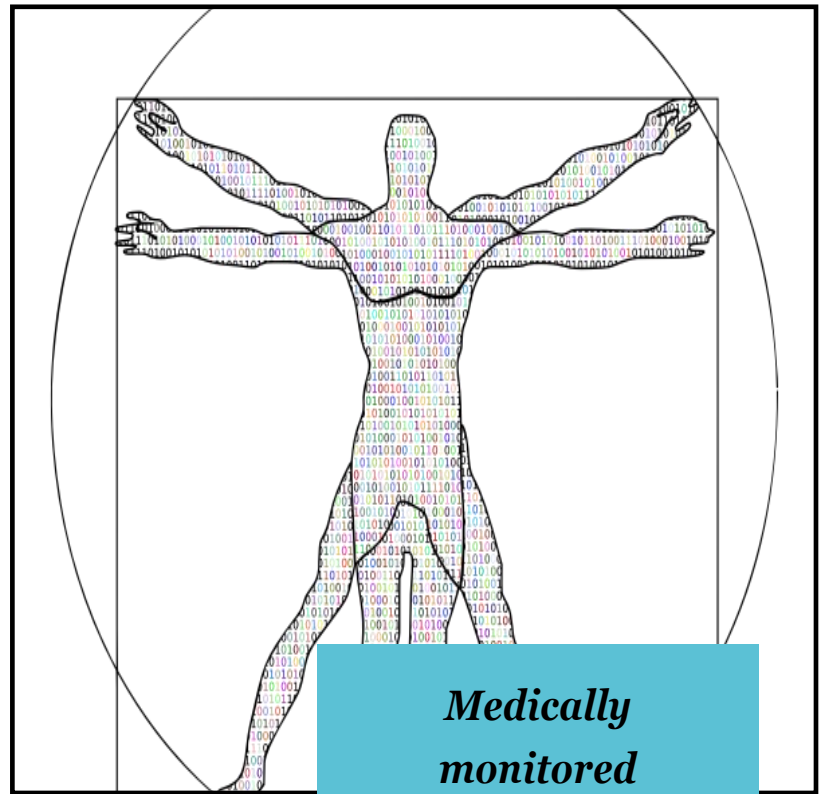
**As the toxins are cleared from the body, the mind also begins to clear.**

The early stages of drug or alcohol withdrawal can be difficult. To help manage withdrawal symptoms, a medical team can provide medication, which is closely monitored and gradually tapered to allow for a more comfortable return to stability.

Throughout the process, you will be supervised around the clock. Withdrawal usually takes three to seven days, but the time varies with each person. It's important to be medically stable before continuing your recovery. The process should never be rushed.

**You'll also learn coping skills to help manage the withdrawal stage.**

Upon completion of the withdrawal process, you will be in a better place to begin the next phase of recovery.



*Medically  
monitored  
withdrawal is the  
first step in the  
recovery process.*