

DISCHARGE INSTRUCTIONS - GENERAL

Rapid Detox Procedure

Detoxification is often one of the most challenging parts of the treatment and recovery process, especially when making the decision to enter treatment to overcome a dependency on opiates. One method that's revolutionized the process is a rapid detoxification approach designed to shorten the duration of opiate withdrawal in a safe and comfortable setting.

How It Works

Rapid detox is a procedure that's designed to safely accelerate the process of removing **opiates** from within the body's systems with the help of naloxone (Narcan) & Naltrexone (Revia), which reverses and block the opioid receptors. The Narcan infusion lasts anywhere from 30 to 90 minutes while the Naltrexone blocks the opioid receptors for 48 hours, the procedure is coupled with monitoring by medical staff.

Detox and Withdrawal

The rapid detox process also includes the withdrawal process, which takes place while the patient is sedated. Many patients are unaware they have gone through withdrawal at the same time that they **have** detoxed. Consequently, they'll wake up with no symptoms of withdrawal and no physical cravings.

Benefits of Rapid Detox

There is often a hesitation to enter treatment for some patients who are addicted to opiates, even among those who have acknowledged a problem and wish to take positive steps to recover, because of the difficulty of withdrawal. Since rapid detox is a process that encompasses both detox and withdrawal, there is no need to delay recovery simply due to a fear of severe withdrawal symptoms.

Part of the Overall Recovery Process

Rapid detox is meant to be the first step in the recovery process for patients. The process offers many benefits for patients looking to overcome an addiction to

opiate drugs. The purpose of rapid detox is to place a patient in a position where they are more likely to get the most benefits from the remainder of their treatment. Patients typically undergo a thorough evaluation prior to starting any program to identify potential physical and psychological issues.

Rapid detox is part of a confidential and private approach to treatment that focuses on the patient and their well-being. The after-care process includes careful monitoring in a supervised setting at a **residential recovery** center. Rapid detox is available to patients dealing with an addiction to a variety of opiates, including Oxycodone, Percocet, **Vicodin, Norco and Heroin.**

The Rapid Detox Schedule

- **Pre-Procedure:** Once you call our office for more information, you will have a phone interview and screening, along with an email questionnaire. This is to determine whether or not rapid detox is right for you. You will also have a consultation in our office and will have your medical clearance completed. Some initial tests will be needed, such as blood work, EKG, and x-rays. These tests ensure that there will not be any health concerns during your rapid detox.
- **Day 1 – Prep & Checking In:** You are admitted to our contracted hospital the day prior your procedure, and pre-anesthesia protocols begin with our staff. This is an essential part of your treatment process to prepare you for Rapid Detox Procedure.
- **Day 2:** The rapid detox procedure begins in the morning. You are admitted to ICU. During your admission, you are admitted to our ICU unit, where you are prepared to receive additional medications by our nursing staff and your anesthesiologist the anesthesia assisted rapid opiate detox consisting of IV Sedation and Monitored Anesthesia Care (MAC). While you are sedated, you will receive opiate antagonists/blockers, which remove the opioids from body therefore detoxing you completely from the opiates in your system. This procedure lasts about one hour. Afterward, you are transferred to a recovery room where you are closely observed until for several hours, until you meet the discharge criteria of the ICU and your Doctor clears you and then you are transferred back to your Residential Recovery Center.

- **Day 3:** You remain in the **aftercare** recovery center for continued supervised observation, in a sub-acute setting.
- **Day 4:** During your time at the **aftercare** center, you will see your doctor for a medical follow-up and medical clearance for discharge. You will also be seen by our Clinical Nurse Specialist to discuss your discharge care plan. Clients participate in scheduled individual sessions and receive compassionate, emotional guidance as they learn positive coping strategies and support tools to prevent relapse. After completing detox, the next step in the recovery journey is intensive treatment. Our treatment program is small and private to ensure you receive the individual support you need.

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After your Rapid Detox: Research-Based Treatment -

We recommend a range of evidenced-based treatments by professional psychiatrists, marriage and family therapists, certified addiction counselors, as well as trained nurses and physicians. We can help you find a treatment program that works for your individual needs. We utilize evidence-based and alternative treatment therapies such as:

- Individual Psychotherapy
- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing
- Individual Case Management
- Individual Psychiatry & Nursing
- Relapse Prevention
- Symptom Management (includes medication management or Holistic options)

We Offer a Holistic Approach to Substance Use Treatment and Relapse Prevention.

Our holistic options will help you to bring quality of life changes home with you after treatment. Holistic therapies include:

- Breathwork
- Meditation
- Yoga
- Sound Baths
- Physical Fitness
- Nutritional Counseling
- Music Therapy
- Hot Tub Aquatic therapy
- Massage Therapy weekly (6-8 weeks)
- Acupuncture

Clients can heal their bodies and minds while learning valuable coping mechanisms and strategies for maintaining a strong and lasting recovery after leaving our treatment programs. Holistic treatment options can be used alone or

combined with our many other treatment modalities to help clients achieve the most positive treatment outcomes.

ACKNOWLEDGEMENT OF RECEIPT OF POST-TREATMENT INSTRUCTIONS

I, the undersigned, hereby certify that I accept the care/treatments rendered to the patient receiving healthcare services by the Hospital/Medical Center and all their providers including but not limited to: surgeons, anesthesiologists, radiology, laboratories, and clinical care workers. I understand that, by signing below, I agree to personally accept full responsibility for all associated care/treatments/services provided to the patient by Provider. Furthermore, I certify that I have had the opportunity to ask all questions related to this matter and was given adequate answers.

X

Patient's Signature	Patient Name (Please Print)	Date
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Authorized Representative (Please print if applicable)	Authorized Representative's Signature	Relationship to Patient
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Please call our office for any additional recommendations. Please call Jim Shad, RN, Clinical Coordinator at (714) 813-0080 or Dr. Amir Norbash (949) 315-3005.