

## DetoxPlus Prescribing Regimes

**Awarded  
'Excellent'**

by the  
Healthcare Commission  
and  
National Treatment Agency  
for Substance Misuse  
Joint Service Review  
2007/8

One of the most effective Specialist independent  
Medical Detoxification Centres in the UK

**All DetoxPlus Detoxes conform to NICE Guidelines**  
National Institute for Health and Clinical Excellence

We have been providing excellent Detox services for over 21 years now and have consulted a lot of Clients who have undergone our detox programmes to find that what we provide is a very good service – one which keeps you comfortable without ‘knocking you out’ and also keeps the aches and pains at bay. That’s not to say that you won’t experience any discomfort at all – you may well do – but we will try our hardest, with your co-operation, to keep this under control for you.

We aim to detox people as safely, quickly and as comfortably as possible. Trust us to do our job and together we’ll get you through it. If 98% of the people who come to us for detox can do it, then there is a very high probability that you will be able to do it too!!

We have a number of different detox programmes on offer at Pierpoint. It’s not ‘one size fits all’. Everyone is different and has different levels of withdrawal, so with this in mind, apart from the main medications we use to detox you with, we also give you medications based on your ‘symptoms’.



Specialist Addiction Nurses  
supporting recovery 24  
hours a day every day



**Safe ~ Comfortable ~ Effective**

Pierpoint Addiction Treatment Centres is registered and therefore licensed to provide services by the

**Care Quality Commission** Provider ID 1-101696616

For more information visit [www.cqc.org.uk](http://www.cqc.org.uk)

**Saving Lives, Changing Lives—for over 21 Years**

**Helping people achieve life-long recovery**

# Opiate and Benzo Detox

## **Methadone Detox.**

If you have been using 41mls or more of Methadone per day, we would prefer to detox you with Methadone. Experience and our own research has shown us that this is the most comfortable way for people to detox from higher doses of Methadone.

We would decrease your Methadone by 5mls per day until you reach 20mls per day. When you get to this level, to help with any associated anxiety or pains you may experience, we introduce Oxazepam (which is a benzodiazepine, like Diazepam) to help lessen any feelings of anxiety or restlessness you may experience. We give you this medication based on your symptoms, but it can only be given up to 4 times per day.

We can also give you a medication called Remedeine, which is a mixture of dihydrocodeine and paracetamol to help with any aches and pains you may experience. We can give you this medication every 6 hours, so if you have any 'break-through pain' – that is pain you experience in between your doses of Remedeine, we can give you Ibuprofen to help with this.

When you reach 20mls per day of Methadone, for the next 4 nights, we give you Zopiclone to help you to sleep and we will encourage you to try to establish a better sleeping pattern.

## **Subutex (Buprenorphine) Detox.**

If you are already taking Buprenorphine (Subutex), we will use this for your detox. It makes it easier for you and you know exactly where you are with it. We will just reduce your doses everyday by 2mg daily until you reach 2mg in total, then will reduce it by 0.4mg per day until you reach zero.

How long this will take will depend on the amount you are taking before you come in to us.

## **Benzodiazepine Detox.**

If you have been using benzodiazepines (commonly diazepam, temazepam, nitrazepam), we can detox you from this. We would treat your withdrawal symptoms with Oxazepam (a short acting benzodiazepine) for the first 3 days, then convert this medication and the levels we have given you to the equivalent daily dose of Diazepam on day 4.

Whatever your equivalent daily dose is, we will give you that amount over 3 divided doses for the next 2 days, then begin to reduce it by 5mg per day until 20mg per day is achieved. When 20mg per day is achieved, we will reduce it by 2mg per day until zero is achieved. We will give you a bigger dose of your Diazepam at night to help you to sleep and smaller doses during the day to keep you comfortable but not drowsy.

As people withdrawing from Benzodiazepines can sometimes experience withdrawal seizures, we use a medication called Carbamazepine (Tegretol) to help guard against you having withdrawal seizures. This medication is given in twice daily doses throughout your detox and for 5 days after you receive your last dose of Diazepam.

How long your detox will take will depend on the amount you are taking before you come in to us.



# Opiate and Alcohol Detox

## **Alcohol Detox.**

We would use Chlordiazepoxide (Librium) to detox you from your alcohol. If, however, you have been diagnosed with Liver Failure, we may use a different medication called Lorazepam to detox you with, as this medication is not broken down in your liver, it is excreted via your kidneys instead.

The amount of Chlordiazepoxide we would give you would depend on a number of factors – how tall you are, how much you weigh, what your withdrawal symptoms are and what your blood pressure reading is. We will reduce your Chlordiazepoxide over a period of days but it is usual for people to no longer need any Chlordiazepoxide by Day 7 or 8.

As people withdrawing from Alcohol can sometimes experience withdrawal seizures, we use a medication called Carbamazepine (Tegretol) to help guard against you having withdrawal seizures. This medication is given in twice daily doses throughout your detox and for 3 days after you receive your last dose of Chlordiazepoxide.

We hope that the information we have provided has been informative for you and enabled you to make an informed choice of where you would like to undergo your detox, if you still have unanswered questions or are not sure about anything, please do not hesitate to speak with one of our admissions team who would be glad to help you.



## **Lofexidine Detox.**

If you have been taking 40mls Methadone or less per day or you have never taken Methadone and are using other Opiate based medications/illegal opiate based medications, we will use Lofexidine to detox you with.

You will start your detox on the day of your arrival. We will check your blood pressure (BP) prior to every dose of Lofexidine we give you. This is because it can sometimes lower your blood pressure. If your blood pressure is consistently low, we would consider giving you an alternative detox, more likely Methadone.

In addition to your doses of Lofexidine, we will give you Oxazepam (which is a benzodiazepine, like Diazepam) to help lessen any feelings of anxiety or restlessness you may experience. We give you this medication based on your symptoms, but it can only be given up to 4 times per day.

We can also give you a medication called Remedeine, which is a mixture of dihydrocodeine and paracetamol to help with any aches and pains you may experience. We can give you this medication every 6 hours, so if you have any 'break-through pain' – that is pain you experience in between your doses of Remedeine, we can give you Ibuprofen to help with this.

For the first 4 nights of your detox, we will also give you Zopiclone to help you to sleep and to help you to establish a better sleeping pattern.

Your Lofexidine detox will last for 8 days in total. If you feel sick at any time, we can give you medications to help take your feelings of nausea away.

**Your business tag line here.**

**1000's of people have completed successful life changes through DetoxPlus**

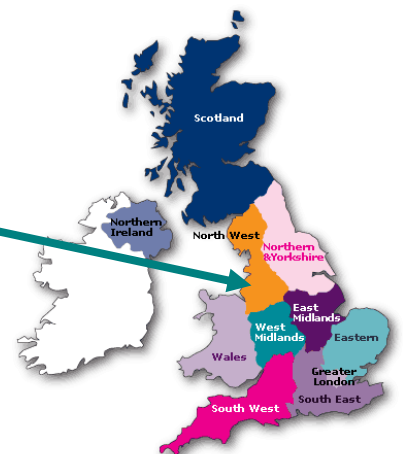
- **Over 95% successful completion rates**
- **Effective stabilisation**
- **RMN or Specialist Addictions Nurses on duty 24 hours a day**
- **Specialist GPs:-  
supervising detoxification and  
managing all other health issues**



Established in 1991, our 26 bed In-patient Detoxification and Stabilisation Programme is delivered at Pierpoint House, which is a CQC Registered Care Home with Nursing.

- Safe, highly supportive recovery environment
- Specialist Programmes delivered by professional, qualified and highly experienced:-  
General Practitioners and Nurses, supported by Therapists and Support Staff who are skilled in detoxification and the treatment of addictions.
- Some of our staff have been in your clients' shoes, and indeed some have been former Pierpoint clients. So, not only do they understand your situation as a professional, but also as addicts in long-term recovery.

**DetoxPlus**



Pierpoint House  
385 Clifton Drive North  
St Annes-on-The Sea  
Lancashire  
FY8 1LE

**Phone: 01253 723400**  
**Fax: 01253 728069**  
**E-mail: [admissions@pierpoint.co.uk](mailto:admissions@pierpoint.co.uk)**

[www.detoxplus.co.uk](http://www.detoxplus.co.uk)

[admissions@detoxplus.co.uk](mailto:admissions@detoxplus.co.uk)



**EATA** European Association for the Treatment of Addiction (UK)



FOUNDED 1967

Associate Member

The Medical Council on Alcohol



**INVESTORS  
IN PEOPLE**