

# A Timeline Of Opiate Withdrawal

INFOGRAPHIC

## 1 STAGE ONE

Shortest, but the most difficult phase

### SYMPTOMS BEGIN:

3-8 HOURS - 1-3 DAYS



The first stage lasts between three to five days. These are the most difficult days to get through and also where most relapses tend to occur.



Sweating



Muscle Pain



Diarrhea

The onset of first-stage symptoms will vary depending on the type of opiate used. Severe opiates, such as heroin, will cause symptoms quicker than less severe opiates such as methadone.



## 2 STAGE TWO

The uncomfortable phase

### SYMPTOMS BEGIN:

1 - 2 WEEKS



After working your way through the first stage, your body will have regained much of its natural balance. It should start naturally creating endorphins, which will stabilize your mood.



Goosebumps



Sudden Chills



Vomiting



Abdominal Cramping

The worst of the pain should be over by this stage, though not completely gone. Eating and keeping solid food down will still be difficult, but it is very to eat in order to stay nourished.

### IT IS COMMON TO STILL EXPERIENCE:

- Continued Depression
- Less Severe Fever
- Clammy Hands
- Leg Cramps
- Fear & Paranoia
- Dilated Pupils

## 3 STAGE THREE

Longest, but least severe phase

### SYMPTOMS BEGIN:

2 - 6 MONTHS



This stage is the least severe, but it still causes mental and psychological problems, such as anxiety and insomnia. These symptoms can last as long as two months, a lengthy period that often makes the third stage the most difficult for many people.



Anxiety



Nausea



Insomnia

Rehabilitation care during this stage often focuses on aftercare procedures, such as getting acclimated to a return to your everyday activities, continued therapy sessions, and learning how to avoid relapses.