

# Opiate Withdrawal Symptoms and Treatment recommendations supported by Specialist Drug and Alcohol Service (SDAS)



## Diarrhoea

Loperamide 4mg initially followed by 2mg after each loose stool; usual dose 6-8mg daily, max 16mg daily

Pharmacy First –  
1. Gastrointestinal System;  
1.4 Acute Diarrhoea

## Stomach cramps

Mebeverine 135mg three times daily

Pharmacy First –  
1. Gastrointestinal System;  
1.3 Irritable Bowel Syndrome

## Nausea / Vomiting

Prochlorperazine 3mg buccal tablet twice daily when required

Referral to specialist service or GP

## Muscular pains / Headaches

Paracetamol / Ibuprofen dose as per BNF

Pharmacy First –  
3. Central Nervous System;  
3.2 Analgesics and Antipyretics

## Sleeplessness

Sleep hygiene advice  
or

Referral to specialist service or GP