

Alcohol Detoxification

The need for medication will vary depending on the consumption of alcohol prior to commencement and the withdrawal symptoms recorded on the SSA chart. The maximum daily dose of Chlordiazepoxide should not normally exceed 140mg. If patients have previously experienced withdrawal seizures then the maximum daily dose may be increased to 160mg.

For more moderate withdrawal symptoms start at day 3 of the regime below.

severe withdrawal	Morning	Midday	Evening	Night	Total Daily dose
Day 1	30mg	30mg	30mg	30mg	120mg
Day 2	30mg	20mg	20mg	30mg	100mg
Day 3	20mg	20mg	20mg	20mg	80mg
Day 4	20mg	10mg	10mg	20mg	60mg
Day 5	10mg	10mg	10mg	10mg	40mg
Day 6	10mg	10mg	0	10mg	30mg
Day 7	10mg	0	0	10mg	20mg

Patients should be sober prior to commencement. This does not preclude them having a small amount of alcohol before they arrive to limit withdrawal symptoms.

Record SSA chart daily.

Ensure patient is on vitamins - vitamin C, vitamin B complex and thiamine (before hand)

Nutritional deficiencies and alcohol withdrawal

- **Thiamine** 300mg once daily.
- **Vitamin B co Strong** 2 tablets three times daily.
- **Ascorbic Acid** 100mg twice daily.

Vitamins are usually stopped on day five unless the patient is severely malnourished in which case they can be continued for longer. Thiamine is given in divided doses to prevent absorption saturation.

If the patients require intravenous supplements, namely those exhibiting neurological symptoms of Wernicke's encephalopathy, one pair of Pabrinex ampoules provide thiamine 250mg and other B and C vitamins.

Hypertension and alcohol withdrawal

If the systolic is ≥ 160 mmHg or diastolic is ≥ 90 mmHg on three occasions treatment may need to be instituted. Beta-blockers or thiazide diuretics are first line treatments. See BNF for further guidance.