

# Heroin Withdrawal

## Timeline and Symptoms

Heroin is an extremely strong and dangerous drug. Withdrawal symptoms are often so unbearable that users are completely deterred from detox. But these symptoms are not nearly as bad as the fatal consequences of heroin overdose.



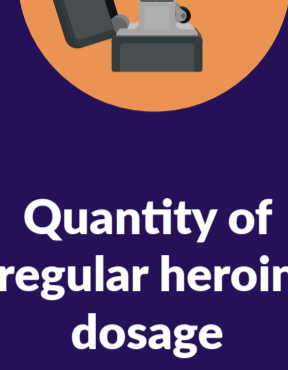
### How Long

#### DOES HEROIN WITHDRAWAL LAST?

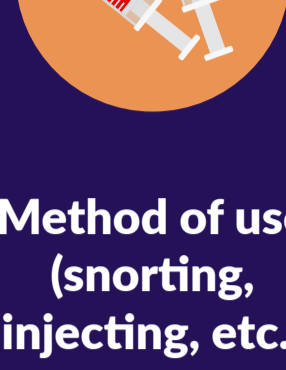
Withdrawal usually lasts **5-10 days**, depending on:



Length of heroin use



Quantity of regular heroin dosage



Method of use (snorting, injecting, etc.)



User's co-occurring disorders



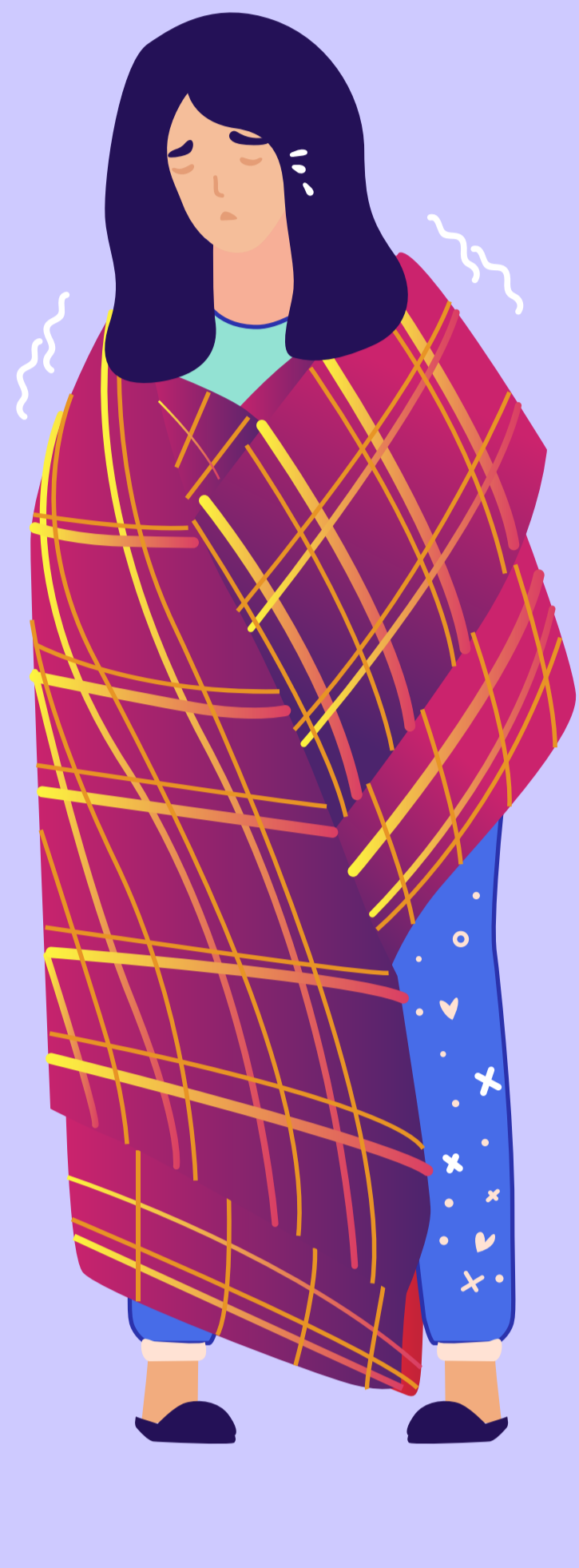
State of physical and mental health

### 6-12 HOURS

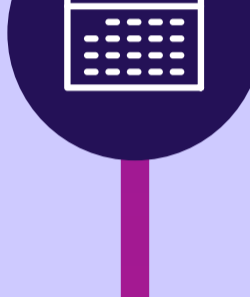
After Last Use



Heroin acts quickly, but it also leaves the bloodstream quickly. Flu-like withdrawal symptoms can begin just hours after a user's last dose.



- Chills
- Nausea
- Watery eyes
- Sweating
- Yawning
- Abdominal cramps
- Body aches



### 1-3 DAYS

After Last Use

#### MODERATE WITHDRAWAL SYMPTOMS:

This is often the peak of heroin withdrawal, when symptoms reach their highest intensity. Symptoms depend on the length and amount of heroin usage.



- Vomiting
- Agitation
- Restlessness
- Tremors
- Goosebumps
- Fatigue
- Diarrhea

#### SEVERE WITHDRAWAL SYMPTOMS:

- Anxiety
- Depression
- Drug cravings
- Muscle spasms
- Insomnia
- Rapid heart rate
- Hypertension
- Impaired breathing
- Hallucinations



### 7-10 DAYS

After Last Use

- Mood swings
- Insomnia
- Drug cravings
- Anxiety
- Depression

At this point, symptoms begin tapering off, though cravings and physiological symptoms tend to linger the longest. Some symptoms, such as depression, can last weeks or even months after detox.



Because heroin has extremely powerful withdrawal symptoms, heroin users may need to consider detoxing in a professional medical detox and recovery center.

If you or a loved one are suffering from addiction, call Beachway Therapy Center for non-judgmental, evidence-based addiction treatment.

**877-284-0353**

#### RESOURCES:

<https://americanaddictioncenters.org/withdrawal-timelines-treatments/heroin>

<https://medlineplus.gov/ency/article/000949.htm>

<https://drugabuse.com/opiates/withdrawal/>