

### **Sobriety Requirements at Admission**

For your safety, and to get the most out of our program, **you must be clean and sober for a minimum of 3 days from Alcohol and other drugs IE - Cocaine, Marijuana, MDMA. However, if you are using prescription or “street” Opiates, Benzodiazepines or Methamphetamine (Crystal Meth/Speed) you must be clean from those substances for a minimum of 8 days – including Heroin, Tylenol 1 to 4.** If you are prescribed medications for withdrawal, you must inform Renascent before your admission. You may be sent to a withdrawal management centre if the sobriety requirements are not met. You may be subject to a urine screen upon admission.

### **Prohibited Substances at Renascent**

By attending treatment at Renascent, you have chosen an approach that is most successful in dealing with addiction – abstinence. As such, substances that may interfere with the abstinence approach are not permitted.

Please consult the following list of **PROHIBITED SUBSTANCES**:

#### **Narcotics - 8 days**

All Opiates, ex: Morphine, Roxinal, MS Contin, Morphine Sulfate, Tylenol 1 – 4, Codeine, Demerol, Percocet, Oxycodone, Oxycontin, Fentanyl, Lomotil, Dilaudid, Methadone, Darvon, Talwin, Tramadol

#### **Benzodiazepines - 8 days**

Valium, Restoril, Ativan, Lorazepam, Clonazepam, Serax

#### **Sedatives/Hypnotic - 8 days**

Imovane, Ambien, Sonata, Ketamine, GHB (Gamma Hydroxybutyrate), Baclofen

#### **Barbiturates - 8 days**

Luminol, Mebaral, \*Phenobarbital \*consult with Dr. Tarman

#### **Stimulants - 3 days**

\*Adderall, Concerta, Ritalin, Provigil, Dexedrine, Desoxyn, Vyvanse, Bifentim \*consult with Dr. Tarman

#### **Antihistamines - 1 day**

Gravol, Benadryl, Claritin, Sudafed

#### **Muscle Relaxants – 1 day**

Robaxacet, Baclofen

#### **Over-the-Counter - 1 day**

Benadryl (or any other antihistamine), Gravol, DM, Laxatives, Chromium, Hydroxycut, Hoodia, Chitosan, Pseudoephedrine

#### **Abstinence Aids - 1 day**

Disulfiram (Antabuse)

#### **Cessation Aids - 1 day**

Champix, \*please note E- Cigarettes, nicotine patches and nicotine gum are permitted

#### **Other - 1 day**

Energy Drinks

Please note that these medications are **NOT** an exhaustive list of all prohibited substances. If you have any questions about your use of any substance, please be sure to speak to a Renascent counsellor **PRIOR** to admission. It is your responsibility to work with your health care provider to discontinue any of the prohibited substances prior to your admission to Renascent. Approval from your health care provider is not sufficient reason to continue use of these medications while in treatment at Renascent. Any substance prescribed for the purpose of treating withdrawal symptoms must be discussed with Renascent prior to your admission. Approved vitamins or supplements must be sealed / unopened at the time of your admission (limit of 4 items). Should you arrive for admission while still taking any of the prohibited medications, you will:

**NOT BE ADMITTED TO THE PROGRAM AND/OR MAY BE REFERRED TO A WITHDRAWAL MANAGEMENT PROGRAM.**

**CLIENT SIGNATURE :** \_\_\_\_\_

**DATE:** \_\_\_\_\_