



Renascent™

The road to recovery starts here.

The Admissions Process

Congratulations on taking this first step towards recovery!

By attending treatment at Renascent, you have chosen an abstinence-based approach.

To help you meet your treatment goals and for your safety and the safety of others in treatment, we ask that you abstain from mood altering substances prior to your admission.

Before entering treatment with us, we ask that you be abstinent for **three to five days** from alcohol, cocaine, cannabis (and all related cannabis products, including medical prescriptions), MDMA, and methamphetamine. For prescription or “street” opiates or benzodiazepines, we ask that you be abstinent for a minimum of **eight days** before entering our treatment centres.

If you require support to achieve this goal, let us know and we will coordinate care with a withdrawal management centre so that you can safely enter treatment with us after a period of detoxification.

For your safety and the safety of others in treatment, you may be asked to provide a urine screen upon admission.

If you have been prescribed medications for withdrawal, please inform Renascent before your admission.

Abstinence Periods for Substances:

Narcotics - 8 days	All Opiates, including Morphine, Roxinal, MS Contin, Morphine Sulfate, Tylenol 1 – 4, Codeine, Demerol, Percocet, Oxycodone, Oxycontin, Fentanyl, Lomotil, Dilaudid, Methadone, Darvon, Talwin, Tramadol
Benzodiazepines - 8 days*	Including Valium, Restoril, Ativan, Lorazepam, Clonazepam, Serax
*Unless prescribed for withdrawal purposes; please notify us.	

Sedatives/Hypnotic - 8 days	Including Imovane, Ambien, Sonata, Ketamine, GHB (Gamma Hydroxybutyrate)
Barbiturates - 8 days	Including Luminol, Mebaral, Phenobarbitol* *consult with Renascent MD
Stimulants – 3 days* *Unless use approved by Renascent MD	Including Adderall*, Concerta, Ritalin, Provigil, Dexedrine, Desoxyn, Vyvanse, Bifentin, Crystal Meth/speed *consult with Renascent MD
Antihistamines - 1 day	Including Gravol, Benadryl, Claritin, Sudafed
Muscle Relaxants – 1 day	Including Robaxacet, Baclofen
Over-the-Counter - 1 day	Including Benadryl (and other antihistamines), Gravol, DM, Laxatives, Chromium, Hydroxycut, Hoodia, Chitosan, Pseudoephedrine
Abstinence Aids - 1 day	Including Disulfiram (Antabuse)
Other - 1 day	For example, energy drinks

Please note that this is not an exhaustive list. If you have any questions or concerns about a substance you take, please speak to a Renascent counsellor prior to admission.

You can work with your health care provider's support to stop using any mood-altering substances before entering treatment at Renascent. However, approval from your health care provider is not sufficient reason to continue use of mood-altering medications while in treatment at Renascent.

If you are taking any substance prescribed for the purpose of treating withdrawal symptoms, please speak to a Renascent counsellor prior to admission.

For your safety and the safety of others in treatment, we ask that any vitamins or supplements (up to a maximum of four) remain sealed/unopened at the time of your admission.

If you cannot meet these abstinence goals before entering treatment, we will not be able to admit you. If you require support to meet these goals, let us know and we will coordinate care with a withdrawal management centre so that you can safely enter treatment with us after a period of detoxification.