



Dihydrocodeine Treatment

Read this leaflet carefully because it contains important information for you.
Keep this leaflet safe as you may need to read it again.

You have been assessed and treated by the healthcare professional for the symptoms associated with opiate withdrawals.

Dihydrocodeine is a semi synthetic opioid analgesic and is used to treat moderate to severe pain associated with opiate withdrawal in custody.

Opiate withdrawal symptoms commonly include:

- Diarrhoea
- Abdominal cramps
- Feeling hot and cold
- Yawning
- Sweating
- Runny Nose / Tearing
- Nausea / Vomiting
- Restless legs

Go to your Accident & Emergency Department promptly if you have:

- Worsening symptoms
- Confusion or drowsiness

If you are unsure about any other symptoms, please contact your Doctor/GP

Side Effects of Dihydrocodeine include:

- Sedation
- Feeling or being sick
- Reduced alertness
- Muscle stiffness
- Low energy
- Drowsiness
- Dry mouth
- Confusion
- Constipation
- Dizziness, light headedness

Report adverse drug reactions to your own GP when released from custody.

Support is available if you would like to reduce your opiate consumption or become abstinent. Options will be available from your GP on release or you can self-refer to community teams.

Dihydrocodeine is an opiate medication, if other opiates are used in addition to this such as Heroin it will increase your risk of opiate overdose.

We do recommend you consult with your GP or a community substance misuse team to plan a detoxification or opiate substitute maintenance program.

- ✓ Have plenty of rest
- ✓ Drink plenty of fluids.
- ✓ Safely Reduce usual consumption amounts
- ✓ Stay with a responsible adult
- ✓ Contact a support service on release.

- ✗ **DO NOT** use recreational drugs within 6 hours of a dose of Dihydrocodeine due to risk of overdose.
- ✗ **DO NOT** take sleeping tablets, sedatives, or tranquilizers, unless they are given by a doctor.
- ✗ **DO NOT** take strong pain killers as this can increase the sedative effects of dihydrocodeine.
- ✗ **DO NOT** Drive, operate machinery, or take part in such activities where, if affected you could put yourself or others at risk.

Contact Information



Call: 0300 123 6600

Call FRANK 24 hours a day, 7 days a week

Text: 82111

Text a question and FRANK will text you back



Drug and Alcohol Addiction Families need support too

DrugFAM's primary purpose is to provide a lifeline to families, friends and partners affected by someone else's addiction to drugs and/or alcohol.

Helpline 0300 888 3853

