

## **Antrim House**

**55 Main Street P.O. Box 344  
Antrim, NH, 03440  
Phone: 603-808-0185  
Fax: 603-808-0211**



### **Dear Healthcare Provider,**

Your patient is seeking admission to the Sobriety Centers of NH, Antrim House, for treatment of chemical dependency and addiction. Thank you for assisting in the recovery of this patient. Please see the attached Pre-Admission Physical Assessment form. As a reminder, we cannot admit the client to the facility if the form is not completed, signed and dated.

Antrim House is not a medical facility.

All medications, prescribed and OTC, must have written orders from a qualified healthcare provider. A client's medications are securely stored by staff upon arrival to Antrim House. The staff will monitor the client to ensure they are taking their medications according to the written orders.

Please write orders for any prescribed medications needed during your patient's stay.

If the patient is already on medication (such as buprenorphine, an SSRI or other medications) they can continue these while at Antrim House as long as an order is provided.

Chronic benzodiazepine prescriptions should not be stopped abruptly. A gentle 10 day taper is recommended.

We have included a list of common non-prescribed, over the counter (OTC) meds on the Pre-Admission Physical form. Please line through any unapproved non-prescribed (OTC) meds.

Detox from opioid drugs can be very uncomfortable.

Withdrawals from alcohol or benzodiazepines can even be dangerous. Antrim House is a small and rural facility without medical staff on duty. Patients with a history of seizures or severe withdrawal may meet criteria for a hospital based medical detox for the first few days. We recommend a review of SAMHSA Tip 45 (Substance Abuse and Mental Health Service's Administration), available online, for a discussion of withdrawal and potential complications of withdrawal.

We'd like to suggest a list of prescription medications.

These meds are typically necessary for 3-5 days and are well known to significantly ease discomfort and reduce withdrawal symptoms. Unused prescribed medications are not returned to the client upon discharge from Antrim House. Please call Antrim House for assistance with prescribing detox meds rather than providing scripts directly to the patient. This will ensure they have the meds in place at the time of their admission.

## **Opioid Detoxification**

**Lorazepam** 0.5-1 mg every 4-6 hours if needed for anxiety, agitation, restlessness or insomnia

**Dicyclomine** (generic Bentyl) 10-20 mg every 6 hours if needed for gastrointestinal cramping

**Clonidine** 0.1mg tab, 1-2 tabs every 8 hours if needed for sweats, agitation or elevated blood pressure

**Hydroxyzine** (generic Atarax) 25-50 mg every 8 hours if needed for anxiety or insomnia

*Antrim staff use the "Clinical Opiate Withdrawal Scale" (COWS) to monitor and record withdrawal symptoms.*

## **Alcohol Detoxification**

**Chlordiazepoxide** (generic Librium) 25-50 mg every 4-6 hours if needed for anxiety and other withdrawal symptoms

*Antrim House staff use the scale "Clinical Institute Withdrawal Assessment for Alcohol" (CIWA-Ar) to monitor and record the severity of withdrawal symptoms.*

The above detox medications can also be considered if your patient will be withdrawing from other chronically used substances.

## **Medical Clearance**

Please delay medical clearance if your patient has a fever or any other contagious disease. We will help your patient gain admission as quickly as possible once a qualified healthcare provider confirms they have been afebrile for more than 24 hours, off antipyretic meds.

Thank you for your time and careful attention. Hopefully this letter answered any questions you had about the documents necessary for medical clearance and a successful admission to Antrim House. We especially appreciate the efforts you are taking to ease your patient's symptoms during detox and withdrawal. Please contact us with any questions or concerns.

Sincerely,

Sobriety Centers of NH - Antrim House Staff