



At-Home Alcohol Detox Checklist: Is It Safe?



If you're considering an alcohol detox at home, use this checklist to ensure you have what you need and it's the right fit for you.

☐ Can I clear my schedule and environment?

Taking time off work, putting aside responsibilities and removing all alcohol is essential to a successful detox.

☐ Have I attempted detox before?

If you've detoxed before and relapsed, this detox could be more dangerous, and you may need medical support.

☐ Am I mentally and physically healthy?

Alcohol withdrawal can worsen symptoms of depression, anxiety and other mental and physical health disorders.

☐ Have I discussed my plan with my doctor?

Talk to your doctor about your alcohol use to get their recommendation for detox, and have a friend or family member who can stay with you and keep you safe.

☐ Do I have a plan in case of an emergency?

Alcohol withdrawal can lead to seizures and delirium tremens (DT), which can be **fatal**. Have a plan to get to the hospital if your withdrawal symptoms become severe.

☐ Am I only using alcohol, nothing else?

Substances like heroin, prescription medications, cocaine and meth can make alcohol withdrawal symptoms worse and unpredictable.

Medical Disclaimer: The Recovery Village aims to improve the quality of life for people struggling with a substance use or mental health disorder with fact-based content about the nature of behavioral health conditions, treatment options and their related outcomes. We publish material that is researched, cited, edited and reviewed by licensed medical professionals. The information we provide is not intended to be a substitute for professional medical advice, diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified healthcare provider.

Is my alcohol use mild, moderate, or severe?

Only a medical professional can diagnose an alcohol use disorder (AUD) and its severity, but check off all criteria that apply, then add up your score.

- ☐ Drinking more or longer than intended
- ☐ Feeling unable to cut back how much you drink
- ☐ Extended hangovers or feeling sick from drinking
- ☐ Unable to concentrate due to alcohol cravings
- ☐ Struggling to provide care, hold job or perform at school
- ☐ Drinking despite problems with friends or family
- ☐ Avoiding or missing activities you used to enjoy
- ☐ Drinking leads to dangerous or harmful situations
- ☐ Drinking despite it worsening your mental/physical health
- ☐ Needing more alcohol to get the same effects (tolerance)
- ☐ Feeling withdrawal symptoms when you stop

My Score:

Scores of 4 or 5 may indicate moderate AUD; 6 or more may indicate severe AUD. Talk to your doctor about your score to plan the right detox for you.



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If you have moderate or severe addiction, a mental or physical health disorder or are using other substances, at-home detox is unsafe and often unsuccessful. Call our Recovery Advocates to schedule a medical detox at 855-623-0398.