

## Withdrawal from Marijuana

You may experience SOME of the listed symptoms of withdrawal. Remember that ALL THESE SYMPTOMS ARE TEMPORARY. If any persist or worsen, have them checked by your doctor in case they are related to another problem.

In **SEVERE WITHDRAWAL**, the symptoms start 24 to 48 hours after your last use of marijuana, increase over the next 7 to 10 days, and gradually decrease in severity over 2 to 3 weeks. They may continue to occur some of the time (on and off) for several months.

In **MILD WITHDRAWAL**, because the active ingredients of marijuana are stored in the fat cells in your body, the symptoms will only occur some of the time (on and off), but may be present for several months.

See an explanation of some of the symptoms on page 2.

### Physical Symptoms

- sleep difficulty, nightmares
- loss of appetite, nausea, diarrhoea
- restlessness, muscle tremors, shakiness
- excess sweating, night sweats, flushing, headache, stomach pains, dizziness
- cough worsening with brown phlegm for a few weeks to two months
- feeling feverish, chills, yawning, stuffy nose

### Psychological Symptoms

- irritability
- anger, aggression
- drug craving
- anxiety, nervousness
- poor concentration
- depression

## ONGOING SYMPTOMS RELATED TO MARIJUANA USE

These symptoms may continue during withdrawal. These effects related to marijuana use may be present for several months.

- paranoia
- poor short term memory
- decreased motivation
- tiredness, lack of energy

## DESCRIPTION OF SYMPTOMS (alphabetical order)

**Anger, Aggression:** These symptoms may not start until 4 to 6 days after your last use of marijuana and may last up for approximately 2 weeks.

**Anxiety:** feeling that an unreal or imagined danger is about to happen, feelings of powerlessness accompanied by increased heart rate, increased breathing, sweating, trembling, weakness. Both excess caffeine and excess sugar can increase anxiety and insomnia.

**Cough with Brown Phlegm:** This occurs if you were a very heavy user. This is due to the lungs getting rid of the tars if you smoked the marijuana. This symptom will not occur if you continue to smoke cigarettes because the smoke will prevent your lungs from clearing the tars until you stop smoking cigarettes.

**Depression:** If it persists beyond the withdrawal phase, it may be a symptom of a depression that is from other causes and needs treatment.

**Drug Hunger:** The craving for marijuana will increase as the fat cell storage decreases. It may be most intense when there is no more fat cell storage, several months after you stopped the marijuana.

**Paranoia:** thoughts or feelings of being disliked (or if intense, hated) by other people; that they are thinking or saying bad things about you; that you are about to be harmed by other people. When the paranoia worsens, you fully believe in the threat of harm, and act as if you are about to be harmed.

**Sleep Difficulty:** can be any form of disturbed sleep, including strange dreams.