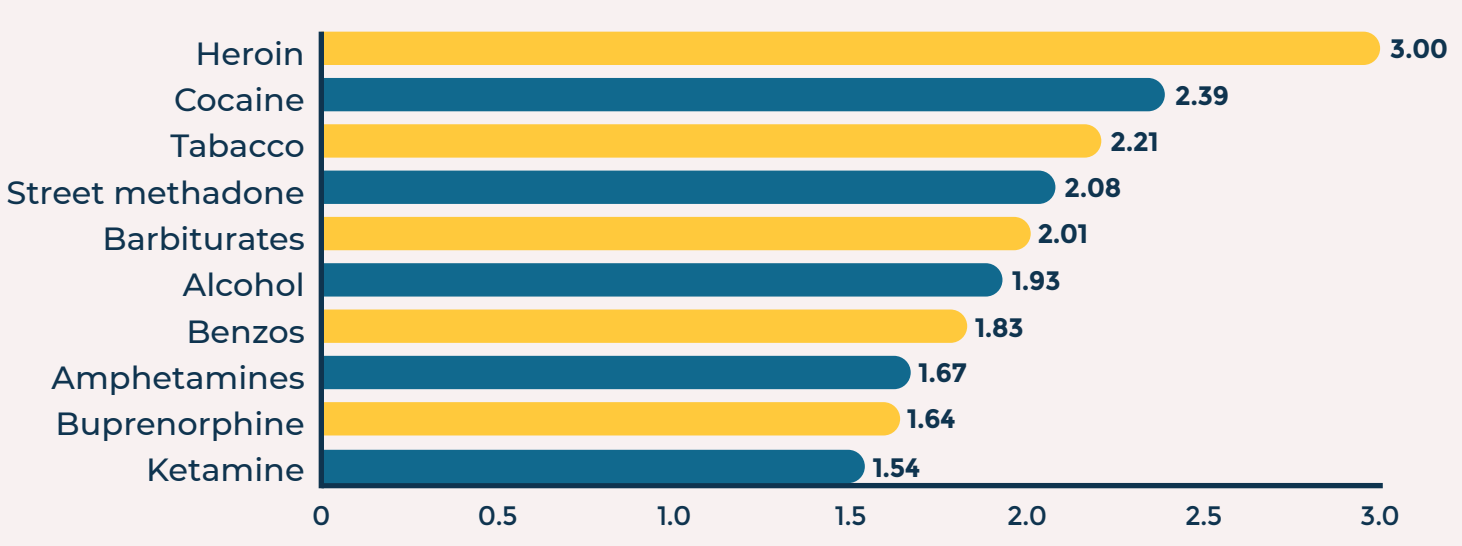




# HOW ADDICTIVE IS COCAINE?

Researchers looked at 20 drugs to determine how addictive they were, rating them on factors such as physical and psychological dependence and pleasure.

Only heroin scored higher for dependence than cocaine. Here's a look at the top 10 scores for dependence:



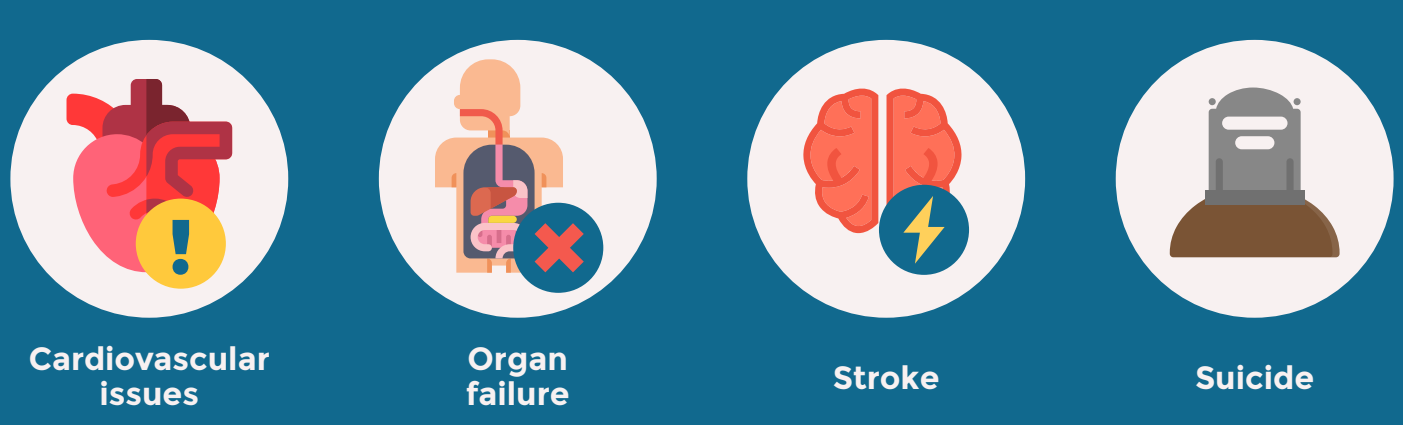
## COCAINE SCORED:



## COCAINE WITHDRAWAL SYMPTOMS



## POTENTIAL SERIOUS CONSEQUENCES OF COCAINE WITHDRAWALS THAT AREN'T PROPERLY MANAGED



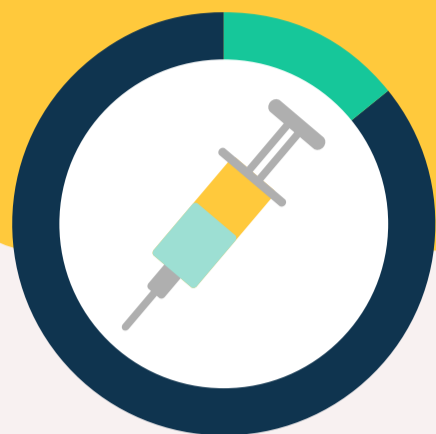
### Sources:

- <https://www.ncbi.nlm.nih.gov/books/NBK64114/>
- <https://store.samhsa.gov/sites/default/files/d7/priv/sma15-4131.pdf>
- <https://www1.health.gov.au/internet/publications/publishing.nsf/Content/drugtreat-pubs-modpsy-toc~drugtreat-pubs-modpsy-2~drugtreat-pubs-modpsy-2-3~drugtreat-pubs-modpsy-2-3-pcoc>
- <https://medlineplus.gov/cocaine.html>
- <https://www.thelancet.com/action/showPdf?pii=S0140-6736%2807%2960464-4>
- <https://easyread.drugabuse.gov/content/effects-cocaine-brains-and-bodies>



## WHEN DOES COCAINE WITHDRAWAL START?

Cocaine has a short half-life. That means it's fast acting and leaves the body quickly. How fast cocaine "hits" depends on the use method:



Intravenous injection:  
**around 5-10 minutes**



Smoking crack cocaine:  
**around 5-10 minutes**



Snorting:  
**up to 60 minutes**

The faster a drug reaches peak concentration in the body, the faster withdrawals can start.

## COMMON WITHDRAWAL TIMELINE:

**3-4 days after last cocaine use:** Average time for withdrawal symptoms to wind down

**Weeks to months after last use:** Intermittent but milder forms of withdrawal symptoms may occur



**1**  
**Hours after last crack cocaine use:** Withdrawal symptoms start

**2**  
**7-9 days after last cocaine use:** Time for withdrawal symptoms to wind down in more severe cases of cocaine dependence.

**3**  
**Years after last use:** Person can experience random cravings for cocaine.

## WHAT IS COCAINE DETOX?

Cocaine detox occurs when clinical and therapeutic measures help someone get through the withdrawal period in a safer, more comfortable manner.

Benefits of Cocaine Detox:



Safer than going cold turkey



Can include clinical interventions to reduce impact of physical withdrawal symptoms



May help get through withdrawal period faster



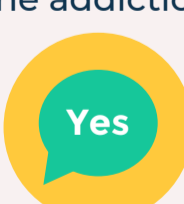
Greatly reduces the risks someone starts using cocaine again just to stop withdrawals



## TIMELINE FOR COCAINE DETOX

Timelines vary depending on individual need and the type of treatment, but common steps include:

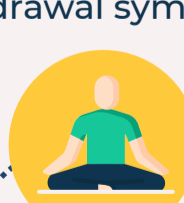
Admitting the addiction



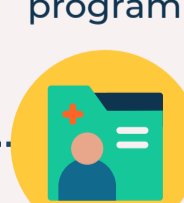
Seeking exterior help from professionals



Going through a detox period — either medically assisted or not — to address withdrawal symptoms



Being admitted to an inpatient or outpatient rehab program



Moving into a comprehensive addiction treatment phase that includes cognitive behavioral therapy and other methods to help identify triggers, learn and practice healthier coping mechanisms and prepare for a future that's free of cocaine

### Sources:

- <https://www.ncbi.nlm.nih.gov/books/NBK64114/>
- <https://store.samhsa.gov/sites/default/files/d7/priv/sma15-4131.pdf>
- <https://www1.health.gov.au/internet/publications/publishing.nsf/Content/drugtreat-pubs-modpsy-toc~drugtreat-pubs-modpsy-2~drugtreat-pubs-modpsy-2-3~drugtreat-pubs-modpsy-2-3-pcoc>
- <https://medlineplus.gov/cocaine.html>
- <https://www.thelancet.com/action/showPdf?pii=S0140-6736%2807%2960464-4>
- <https://easyread.drugabuse.gov/content/effects-cocaine-brains-and-bodies>