

Who is Ideal Option?

Ideal Option has been treating patients with alcohol use disorder for the past 8 years using the most current treatment guidelines from ASAM, SAMHSA, APA, and the VA/DOD. We have 70+ outpatient clinics across 10 states and employ over 100 addiction medicine providers.

How soon can I start treatment?

If you are still drinking, your first phase of treatment is withdrawal management. Treatment for withdrawal must be started on a Monday so we can see you daily for 4-5 days after you begin. If you choose to schedule your first appointment with us virtually or on a different day of the week, your provider will use that time to complete your assessments and develop a personalized treatment plan. However, you must visit one of our clinics on the following Monday to get a blood alcohol content (BAC) test.

How often will I have to come to Ideal Option after I start treatment?

During the withdrawal period, we will schedule daily appointments for up to 5 consecutive days, to monitor your medication adherence and assess withdrawal symptoms. You must visit a clinic in person in order to begin treatment so we can measure your blood alcohol content before prescribing medication. After your treatment has started, your provider may allow you to do follow up appointments remotely. If you are already abstinent from alcohol at your first appointment, your provider will determine how often you need to be seen as you progress through relapse prevention.

What if I have questions or need medical help between appointments?

If you are having a medical emergency during the withdrawal phase, it's essential that you are willing to call 911 or visit your local emergency room for immediate attention. We strongly recommend you have a responsible adult with you at all times during the withdrawal phase to assist you as needed. If you are having milder symptoms or have questions, please reach out to the Ideal Option Nurse Care Team at 1-877-522-1275. Our registered nurses are available 24 hours a day, 7 days a week to assist you over the phone.

How to Get Started



CALL US

Call our patient care team at 1.877.522.1275 between the hours of 4am-8pm Mon-Fri or 8am-6pm Sat-Sun (Pacific Time).



REQUEST AN APPOINTMENT

Visit idealoption.com to request an appointment online or to contact us for more information.

- No wait lists**
- No overnight stays**
- Medicaid, Medicare, and Private Insurance Accepted**

If Drinking Becomes a Problem.

Outpatient medication-assisted treatment may be the solution.



1.877.522.1275 | idealoption.com



How the Program Works

An experienced addiction medicine provider will assess your alcohol dependence and then help you follow a personalized medication-assisted treatment plan for withdrawal management and relapse prevention.



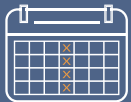
ASSESS

To develop your personalized treatment plan and before prescribing medication, your provider will perform a series of clinical assessments and lab tests to diagnose alcohol use disorder, and if you are still drinking, determine the likely severity of your withdrawal period. For severe cases, inpatient treatment may be recommended.



WITHDRAW

If you are still drinking when you start the program, the next step is withdrawal management. Your provider will develop a personalized medication-assisted treatment plan and meet with you daily for 4-5 days as you manage your withdrawal at home. If possible, arrange for a responsible adult to be with you at all times during withdrawal.



ABSTAIN

After the withdrawal period, you will transition to a different medication plan designed to prevent relapse. You will start with weekly appointments and then shift to bi-weekly and then monthly as you become more stable. Occasional breathalyzer and lab tests will be performed to ensure your safety and to monitor progress.

Who is eligible:

- ✓ You want to stop drinking or drink less but find it too difficult.
- ✓ Your drinking is creating problems for your family, job, or health.
- ✓ Your withdrawal symptoms are likely to be mild or moderate (heavy drinkers at risk for severe withdrawal may be referred to inpatient treatment).
- ✓ You can commit to taking your medication as prescribed at home and attending daily appointments with a provider for 4-5 days.
- ✓ You have a reliable adult at home who can help you as needed while going through the withdrawal phase.

Already stopped drinking?

We can provide you with a personalized medication-assisted treatment plan to control cravings and prevent relapse to support long-term abstinence. You will be monitored regularly by an addiction medicine specialist and offered counseling support as needed.



We've helped thousands of people with alcohol use disorder get safely on the road to long-term abstinence.

"I had my first appointment last week and everyone was so wonderful! I can already tell a huge difference in my cravings for alcohol. I have less and less desire to drink every day. It just doesn't sound good to me anymore. I'm grateful I called Ideal Option to help me quit drinking!"

—RYAN B.



"Ideal Option has been so patient and understanding with me. I had a REALLY BAD experience that left me scared to seek help. I'm glad I did because the medication helped a lot with withdrawal. I don't think about drinking as much, so I guess it's helping with cravings too."

—AMANDA R.

What medications are used in this program?

Withdrawal

- ✓ Librium and other benzodiazepines
- ✓ Gabapentin
- ✓ Carbamazepine
- ✓ Beta-blockers and clonidine

For Relapse Prevention

- ✓ Disulfiram
- ✓ Acamprosate
- ✓ Naltrexone

