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 **Step two: Are you ready for detox?\_**

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| **As you move forward toward your admission date, use this table to check you have everything you need. From 12 weeks to 14 days before you go, your service needs to:**  | **Tick and date when you are ready** |
| Ensure your GP summary is dated within **12 weeks prior** to the admission date. |  |
| Ensure requested blood tests or medical/clinical investigations are completed and recorded **a maximum of eight weeks prior** to placement start and are provided to your chosen provider.This will allow for repeat or further blood tests, or for investigations to be requested by your chosen provider if necessary. |  |
| Regularly check how you are feeling about detox. Do you still feel motivated, and do you have any concerns?   |  |
| Check for changes in your motivation. Ideally it would be good for you to attend your community appointments in the **four weeks leading up to your admission date** but we know this is not always possible. |  |
| Support you – if you are someone who uses alcohol – to follow a safe, planned reduction in your drinking in the community in the lead-up to admission. Your local multi-disciplinary team will confirm if this is appropriate for you. |  |
| Ensure that there is a face-to-face contact with you booked **7-10 days prior** **to admission** to:* + confirm the admission process
	+ confirm transport arrangements
	+ assess any deterioration in physical/mental health
	+ assess any increase/decrease in drug use
	+ complete the ‘**Are you ready?’** update form.
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