

Benefits of the FLUMEDICARE Protocol

It ensures a rapid detoxification pathway lasting approximately 10 days. The benefits of flumazenil include:

- Rapid alleviation of withdrawal symptoms
- Rapid normalisation of benzodiazepine (BDZ) receptors
- Absence of unpleasant withdrawal symptoms
- Reduction of the overwhelming craving for psychoactive medications
- Reduced risk of relapse

To date, all treatments have been completed without complications, with positive outcomes and without withdrawal discomfort.

Cost of benzodiazepine detoxification

The cost of the FLUMEDICARE treatment pathway for benzodiazepine dependence is €4,000 for 10 days of hospitalisation.

You may contact our specialist physicians to find out what is included in the FLUMEDICARE treatment programme.

The FLUMEDICARE programme for benzodiazepine dependence is an effective, simple and safe treatment pathway, designed to provide concrete and lasting results.

Thanks to an innovative approach, the treatment addresses not only the clinical aspects of dependence, but also its psychological and social dimensions, supporting the patient throughout every stage of recovery.

Rehabilitation and social reintegration represent fundamental stages of the treatment pathway, with the aim of helping the individual regain a full, independent and fulfilling life, free from dependence.

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Outpatient clinics are located in **Viverone**,
Turin, **Milan** and **Castrocaro Terme**.

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Casa di Cura
SAN GIORGIO

FLUMEDICARE PROTOCOL

of Casa di Cura San Giorgio

*for the detoxification from anxiolytic and
hypnotic medications (benzodiazepines)*



Thanks to the theoretical and practical training programme conducted at our facility by Professor Fabio Lugoboni, Casa di Cura San Giorgio has implemented the therapeutic protocol of continuous flumazenil infusion, offering a specialised and cutting-edge treatment for the management of the abuse of and dependence on anxiolytic and hypnotic medications.

What are benzodiazepines?

Benzodiazepines are a class of psychotropic medications commonly prescribed to treat anxiety and insomnia. When taken at the correctly prescribed dosage, for short periods or intermittently, they are highly effective in treating anxiety, insomnia, panic attacks, many psychosomatic symptoms and seizures.

Their rapid effectiveness has made them the most widely used medications worldwide.

Examples of commonly used benzodiazepine compounds:

- Alprazolam
- Lorazepam
- Delorazepam
- Diazepam
- Lormetazepam
- Bromazepam
- Triazolam
- Flurazepam

Taking these medications at inappropriate doses (high doses) and for prolonged periods (more than 4-8 weeks) may frequently lead to the development of tolerance (the need to progressively increase the dose to achieve the same effect), physical dependence (the need to continue taking the medication to avoid the onset of withdrawal symptoms) and psychological dependence (the need to perpetuate the state of well-being induced by the medication).

The FLUMEDICARE pathway for the detoxification from anxiolytic and hypnotic medications

The FLUMEDICARE protocol for benzodiazepine detoxification is an innovative method that uses flumazenil. This protocol must be carried out under close medical supervision in a controlled environment.



Pre-treatment assessment

Before treatment begins, the patient undergoes a comprehensive assessment to determine suitability for the protocol, and antiepileptic coverage is initiated (normally Depakin). This includes an assessment of the patient's medical history, the dosage and duration of benzodiazepine use, and the presence of any comorbidities.



Initial stabilisation

In some cases, short-acting benzodiazepines may be replaced with long-acting benzodiazepines, such as diazepam, in order to stabilise the patient before initiating treatment with flumazenil.



Flumazenil administration

This treatment, studied and documented through various publications by Professor Fabio Lugoboni and his research team, involves a slow, continuous subcutaneous infusion lasting approximately 7 days. Flumazenil acts on brain receptors involved in benzodiazepine (BDZ) use and may help reduce withdrawal symptoms. Over the years, Professor Lugoboni and his team have successfully treated more than 1,000 patients. It may also be useful in cases involving the combined use of benzodiazepines and alcohol.



Intensive monitoring

Once the infusion has been completed, whenever possible, the hospital stay continues for a further two to three weeks to provide support and monitoring and to ensure the safety and effectiveness of the treatment.



Additional pharmacological support

Other medications may be used to manage withdrawal symptoms and reduce the risk of complications. These may include anticonvulsants, beta-blockers and other symptomatic medications.



Psychological support

It is important to provide psychological support throughout the detoxification process. Cognitive behavioural therapies and other forms of counselling may be useful in addressing anxiety and other symptoms.



Post-treatment follow-up

Following the flumazenil detoxification phase, the patient receives ongoing support to prevent relapse. This may include psychological therapies, rehabilitation programmes and continued pharmacological support.



Long-term monitoring

Regular follow-up is essential to monitor the patient's progress and make any necessary adjustments to the treatment plan.

