



Texas Rehab Answers How the Body Processes Cocaine

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In 2021, cocaine was the second-highest cause of drug-related deaths in Texas. To help educate the community on this illicit substance, local behavioral health clinic the San Antonio Recovery Center released a blog detailing how long it takes the body to process cocaine. This can be crucial information for many individuals, including those who may take more cocaine than is safe, thinking it's no longer in their system.

The piece starts by clarifying that just because the effects of cocaine have faded, doesn't mean it has left the body

Contrary to popular belief, even if you're no longer experiencing the effects of a substance like cocaine, it doesn't mean that it's out of your system, the authors explain. In fact, the duration of the effects is much shorter than the amount of time it takes for your body to fully metabolize the substance.

This can be a dangerous reality, the blog points out, due to people risking overdose. When the effects of cocaine wear off, they think they're fine but in reality, the underlying chemicals are still in the bloodstream. This can be particularly dangerous when combined with other substances, known as polysubstance use.

Polysubstance use refers to the act of consuming more than one kind of substance at a given time. This can include medication, alcohol, and illicit substances. Not only can the combination of effects from substances be deadly, but this puts further strain on the body and greatly increases your risk of overdosing. The authors clarify further that this can even happen unintentionally, especially when cocaine lingers in the bloodstream.

The post then pivots to how the body metabolizes cocaine, highlighting the role of the liver. Once cocaine is in your bloodstream, it is filtered out through the liver; it continues, Your liver can only process so much at a time, so any substance not being processed lingers in the bloodstream and can start to impact other organs in the body such as your brain. Once your liver fully metabolizes cocaine, it is then passed out of the body through urine and sweat.

From there, the authors begin exploring the factors that can influence how long cocaine remains in the bloodstream. While they emphasize that no two people will metabolize cocaine in exactly the same way, they address several key elements that play a role. These include the individual's metabolism, their history of substance use, other substances in their system, what they ate that day, and even their age or weight.

It also addresses a common concern for those who are actively taking cocaine the result of drug tests.

There are four common types of drug tests for cocaine. These are hair tests, urine tests, saliva tests, and blood tests. Each type of test is utilized more commonly in different circumstances. Additionally, each test type has its time frame for cocaine detection, the post explains. It goes on to highlight that the most common test, a urine test, can detect usage in the past 48 hours. However, for those who have a long-term history of use, cocaine might show up in their system for as long as 3 weeks.

The article concludes by highlighting that there's no easy or quick way to flush cocaine from the body's systems. Despite many online myths and stories about ways to flush your system or detox faster, there is no proven way to make cocaine leave your system sooner than it naturally will. Test providers are often aware of many of the common tactics like drinking large amounts of water. If they notice these tactics when checking your test results, it could even ping as a red flag.

The best way to get cocaine out of someone's system, the article asks: Seeking cocaine treatment.

San Antonio Recovery Center is a Texas-based rehab clinic, with extensive experience treating behavioral health and substance use disorders. Known for their robust alumni network, they take a community and education-based approach to treatment. To learn more about their team, connect with them via their website.

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San Antonio Recovery Center - San Pedro

San Antonio Recovery Center is based strongly on the 12-step treatment philosophy that has helped millions regain control of their lives. This successful San Antonio program emphasizes the recognition and identification of addictive behavior patterns.

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