

PRESCRIPTION CHART – METHADONE MIXTURE – Appendix 3 (page 1 of 2)

(ONLY FOR INPATIENTS UNDERGOING OPIATE WITHDRAWAL & AFTER DISCUSSION WITH MENTAL HEALTH LIAISON TEAM)

First Name:
 Family Name:
 CHI (or equivalent):
 Address:

 OR LABEL

NB – Also note this form in use on inpatient drug chart (Kardex) and score off when stopped.

**Once steady state is reached transfer prescription to main drug kardex
 And discontinue this prescription chart**

Day	Date	Prescribed by Name:			Day	Date	Prescribed by Name:		
		Sig:					Sig:		
Time	Dose (mg)	Admin by:	Check by:	Time Admin:	Time	Dose (mg)	Admin by:	Check by:	Time Admin:
Day	Date	Prescribed by Name:			Day	Date	Prescribed by Name:		
		Sig:					Sig:		
Time	Dose (mg)	Admin by:	Check by:	Time Admin:	Time	Dose (mg)	Admin by:	Check by:	Time Admin:
Day	Date	Prescribed by Name:			Day	Date	Prescribed by Name:		
		Sig:					Sig:		
Time	Dose (mg)	Admin by:	Check by:	Time Admin:	Time	Dose (mg)	Admin by:	Check by:	Time Admin:

Suggested Regime:

See over

Suggested Regime:

Day 1 - Methadone 10 to 30ml with reassessment in 4 hours. If withdrawal still evident prescribe a further 10ml of methadone. Maximum dose 20 to 40ml day 1

Day 2 - Start with total given in day 1 (20 – 40ml), reassess in 4 hours, further 10ml can be given

Day 3 - Start with total given in day 2, (30 – 50ml), reassess in 4 hours, further 10ml can be given.

By Day 4 to 5 - dose should stabilise between 10 to 60 ml. No more than a 30ml increase within 7 days.

If excessively drowsy or sedated, dose reduction needs to be considered.

**MONITOR FOR POTENTIAL OVERDOSE
REPEAT ECG MUST BE DONE IF RECEIVING OVER 100ml DAILY**

Methadone Regime

Methadone – to be taken once a day with option of review after 4 hours and further 10ml can be given if necessary. If already started on dihydrocodeine this should be converted to methadone liquid.

Mild = 10ml, moderate = 20ml, severe = 30ml

Symptomatic Medication for Withdrawals, only to be taken as required, (Prescribe on “As Required” section of drug chart)

Mebeverine (135mg) tablets: reduces stomach spasm. To be taken with at least 6 hours between doses. Maximum dose – 405mg in 24 hours

Loperamide (2mg tablets/capsules): reduces diarrhoea. Ensure plenty of fluids are taken during periods of diarrhoea and/or vomiting. Take 4mg initially followed by 2mg after each loose stool for up to 15 days. Maximum 16mg in 24 hours.

Diazepam 5mg tablets: reduces muscle cramps, anxiety and craving. To be given with at least 4 hours between doses, each single dose in 5mg. (Prescribe on “As Required” section of drug chart)

Day 1 – 10mg maximum daily dose

Day 4 – 30mg maximum daily dose

Day 2 – 20mg maximum daily dose

Day 5 – 20mg maximum daily dose

Day 3 – 30mg maximum daily dose

Day 6 – 10mg maximum daily dose

