

Commencing on Treatment

- Start no greater than **30mg daily**
- If tolerance is low, then **10-20mg**

Destabilisation

Signs

- Opiate positive urinalysis
- Missed doses
- Change in mood

Strategies

- Increase dosage
- Increase surgery attendance
- Increase urine testing in frequency

Stabilising on Treatment

- Increments **no greater than 10mg** at a time
- **Increments made until** no physical withdrawals and illicit drug use ceased
- **Increments discontinue** if signs of intoxication
- In normal conditions, patients stabilise on doses **60mg-80mg**
- In exceptional conditions, higher doses of methadone (**>80mg**) required in patients on concomitant medication (**50% increase** may be needed)

Clinic Treatment

Reduction Regime

- In general reduction of **5-10%** of the current dose
- If stable on more than **100mgs** then reduce by **5-10 mgs** at a time
- If stable on **40-90mgs** then reduce by **5mgs** at a time
- If stable on **20-40mgs** then reduce by **2-5mgs** at a time
- Below **20mgs** then reduce by **1-2mgs** at a time

Detoxification