**Starting Methadone**
- Take it once a day
- Takes 5 days for methadone to have its full effect
- No serious long-term problems
- But.. may be hard to stop after taking it for several years
- Reviewed at least every 3 months

**Side effects**
- Constipation
- Sweating
- Itching
- Nausea
- Drowsiness

**Combinations of drugs**
- Methadone + alcohol or benzos (valium, temazepam) = increased risk of overdose
- Methadone + Subutex = withdrawals

**Overdose**
- Taking more opioids (heroin, methadone, codeine etc) than your body can handle = breathing slows and then stops
- 20mg methadone can kill a non-dependent person
- Death tends to happen on 2nd or 3rd day of treatment

**Storage**
- 5 or 10ml of methadone could kill a child
- In prison - supervised consumption
- At home - keep in a locked cupboard
- Warn children of dangers of medications
- Use bottle with child-proof cap

**Health issues**
- Avoid constipation – eat fruit and veg and drink plenty of water
- Swill mouth out with water after taking methadone
- Brush teeth regularly (but don’t share brushes)
- Loss of sex drive

**How useful was this map and discussion?** 1 2 3 4 5 6 7 8 9 10

**Client name:**

**Keyworker:**

**Date:** __ / __ / __