

STARTING OR ROTATING TO METHADONE

Loading Dose

Is the patient **STRONG OPIOID naïve?**

→ **YES**, Load with 1mg Methadone

→ **NO** i.e. **on a STRONG OPIOID?**

Load 1/10 of 24-hour total morphine equivalent dose.

★ **Example:** (*Zomorph 20mg BD = total 40mg i.e. loading dose = 4mg*)

NEVER prescribe more than 30mg regardless of total Opioid in 24 hours

Regular Dose–

Half Loading Dose to be given every 12 hours.

★ (See above example: $\frac{1}{2}$ of 4 mg = 2mg twice daily)

PRN Dose

1/8 of Total Daily Dose

★ (See above example – $\frac{1}{8}$ of 4 mg = 0.5mg **2-3 hourly**)

Maintain regular and PRN doses until: **REVIEW on Day 5/6**

- ❖ Add up all Breakthrough doses over last 48 hours (2 days), divide by 4 and add to both AM & PM regular dose
- ❖ Recalculate your rescue dose as $\frac{1}{8}$ of the new total daily dose.