

# Methadone Patient Education: ED Huddle Education Tool

## Case Study

Your patient has been prescribed Methadone. What education should you provide?

## Answer

**When:** before medication administration, prior to discharge, as needed

- Common side effects
  - Constipation, drowsiness and should not be confused with withdrawal symptoms
- Overdose signs, symptoms, and prevention strategies.
  - **Caution:** mixing opioids and CNS depressants unless prescribed and monitored
- Titration to a stable dose takes time.
  - After a dose increase, it can take 5 days for methadone to reach a steady concentration and maximum therapeutic effect.
  - Doses of 150mg or higher may be required to meet therapeutic goals
- Methadone is most effective as a long-term treatment
  - Follow up with a community provider for continual/maintenance treatment

## Resources

### SHOP

[BCCSU/VCH Hospital Care Substance Use Guidelines](#)



### Substance Use Consult Service

[24/7 Addiction Medicine Clinician Support Line](#)

### BCCSU Clinical Resources:

[Acute Clinical Care Guidance](#)

[Opioid Use Disorder Guidelines](#)