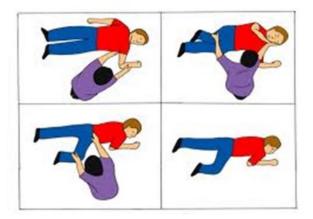
Factors that can lead to overdose

- Injecting rather than smoking drugs \Rightarrow
- Mixing drugs such as heroin, \Rightarrow methadone. alcohol and benzodiazephine
- Variation in guality of street drugs \Rightarrow
- Using in unfamiliar surroundings \Rightarrow
- Using with unfamiliar people \Rightarrow
- Recent overdose \Rightarrow
- Underlying mental health problems \Rightarrow
- Reduced tolerance following detox or \Rightarrow a prison sentence.
- Beginning or ending opiate \Rightarrow substitution medication prescribing.
- Difficult life events, such as \Rightarrow bereavement. loss of contact with children, separation or divorce.

Methadone overdose is a serious medical emergency.

- In the event of suspected overdose call 112 / \Rightarrow **999** for an ambulance immediately
- If the person is breathing, place them in the \Rightarrow recovery position
- If they are not breathing, do chest compres- \Rightarrow sions
- Give naloxone if you have it \Rightarrow
- Stay with the person at least until the \Rightarrow ambulance arrives



Some numbers that may be of use:

Emergency services 999/112 Or contact you local hospital.



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NATIONAL DRUG TREATMENT CENTRE PHARMACY DEPARTMENT



Methadone **Take Home** Information



KEY INFORMATION

- Store your methadone safely, especially if children are present
- Remember that accidental intake of Methadone by **children** or others can have fatal results
- Don't use other drugs while taking methadone but if you do, **never use alone.**
- Learn how to recognise an overdose
- Know what to do if an
 overdose occurs and make
 sure that your friends know too
- If you feel low or you are struggling, **talk to someone** or ask to see a counsellor

Taking Your Methadone

- Your Methadone takeaways have been supplied and stored in bottles with 'child resistant' caps
- These bottles are clearly labelled with the risk of overdose and the quantity and strength of Methadone
- Even small children can open bottles with 'child resistant' caps so bottles containing methadone should therefore never be left in a position where they could possibly be handled by children
- Accidental intake of Methadone by children or others can have fatal results
- If at all possible make sure you are not alone for the first 2-4 hours after taking the first dose of prescribed methadone
- Do not use other drugs in addition to your methadone on your own ask someone to stay with you
- Do not mix methadone with alcohol
- Do not mix methadone with tranquilisers or other drugs

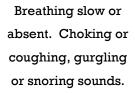


Opioid Overdose

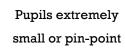


Cannot be woken up or not moving











Cold or clammy skin



Discolouration of hands and lips to a blueish colour