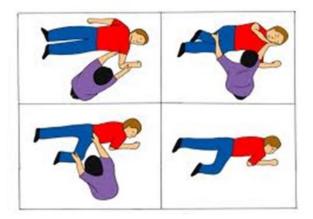
### Factors that can lead to overdose

- 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.



**Issued April 2020** 

### 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

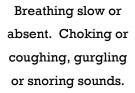


### **Opioid Overdose**

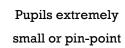


Cannot be woken up or not moving











Cold or clammy skin



Discolouration of hands and lips to a blueish colour