

# Methadone: 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.
  - 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

Acute Clinical Care Guidance

BCCSU Clinical Guideline for Treating Opioid Use Disorder

BCCSU Methadone Clinical Summary