Commencing on Treatment
- Start no greater than 30mg daily
- If tolerance is low, then 10-20mg

Stabilising on Treatment
- Increments no greater than 10mg at a time
- Increments made until no physical withdrawals and illicit drug use ceased
- Increments discontinue if signs of intoxication
- In normal conditions, patients stabilise on doses 60mg-80mg
- In exceptional conditions, higher doses of methadone (>80mg) required in patients on concomitant medication (50% increase may be needed)

Reduction Regime
- In general reduction of 5-10% of the current dose
- If stable on more than 100mgs then reduce by 5-10 mgs at a time
- If stable on 40-90mgs then reduce by 5mgs at a time
- If stable on 20-40mgs then reduce by 2-5mgs at a time
- Below 20mgs then reduce by 1-2mgs at a time

Detoxification

Destabilisation
Signs
- Opiate positive urinalysis
- Missed doses
- Change in mood

Strategies
- Increase dosage
- Increase surgery attendance
- Increase urine testing in frequency

Clinic Treatment