

What You Need to Know About Methadone

Methadone is not just for addicts

- * Methadone was developed in Germany during WWII for pain management during morphine shortages
- * Methadone relieves bone pain
- * Methadone relieves nerve pain
- * Methadone usually relieves pain unrelieved by other narcotics

Why choose Methadone

- * Safer on the liver
- * No need to adjust doses for weak kidneys
- * Easy to dose if there are swallowing difficulties that is not around the clock
- * Easy to make small adjustments to the dose for the best pain management, unlike
- * Very cost effective

What you need to know

- * Ultimate goal is continuous pain relief
- * Methadone may not relieve pain immediately. It may take up to 10 days to get full pain relief
- * Take each dose at the same time every day, do not miss or skip doses. Skipped or missed doses results in increases in pain

Methadone is a strong pain medication

- * Only 2-3 doses per day needed for continuous relief
- * Liquid doses as small as 0.25ml
- * Methadone should NEVER be taken "as needed," small changes can make big
- * It is more potent than Morphine and Fentanyl, so lower doses are used

Methadone requires monitoring.

- * Your doctor, nurse, and the pharmacist have extensive experience with Methadone for pain management
- * Changes in doses are made every few days
- * Starting Methadone or dose changes should not be made over weekends or holidays
- * Changes in weight (loss or gain), medications or diet can effect how methadone works
- * It is important to let your nurse know of ANY change so you pain is continuously managed without adverse effects

Side Effects

- * Upset stomach, nausea, and vomiting
- * Drowsiness, dizziness, and lightheadedness that will improve with time
- * Constipation (less than other narcotics)

Your comfort is a priority.

Your hospice team believes Methadone is the best choice to manage your pain and improve your quality of life.