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## Patient Information Leaflet

This leaflet answers some common questions about Methadone. It does not contain all the available information. It also does not take the place of talking to your doctor or pharmacist.

## What is Methadone used for?

Methadone is used together with medical supervision and counselling to treat opioid dependence in pregnant women. It prevents withdrawal symptoms in these patients.

## How should it be taken?

Follow the directions on your medicine label and take the medicine exactly as directed. Do not take more or less than what is prescribed by your doctor. The dose for each patient is individually determined by your doctor.

## What happens when you suddenly stop this medicine?

Do not stop taking Methadone without talking to your doctor. Stopping Methadone suddenly after taking it for a long time may lead to possible withdrawal signs and symptoms such as sweating, chills, muscle pain, dilated pupils, irritability and insomnia. Your doctor may want to gradually reduce the amount of Methadone you are taking before stopping it completely. This is to lessen the chance of you developing withdrawal symptoms.

## Precautions while taking this medicine:

- Methadone may cause drowsiness. DO NOT drive or operate machinery if affected.
- Avoid alcoholic drink.
- When you take Methadone with some other medicines, it may affect how they work. Be sure that you tell all doctors, pharmacists, dentists and other healthcare providers who treat you about all medicines and natural remedies you are taking
- Avoid taking grapefruit or grapefruit juice while taking this medicine.

## What should I do if I forget a dose?

Take the missed dose as soon as you remember it. However, if you missed the dose for more than half the time interval (e.g more than 4 hours for an 8-hourly dosing), skip the missed dose and take your medicine at the usual time. Inform your doctor if you miss 3 days or more of your regular prescribed dose. DO NOT take two doses at the same time to make up for a missed one.

## Possible Side Effects

Some of the COMMON side effects of Methadone, generally affecting about 10% of patient, are:

- Dizziness or light-headedness (Rise slowly over several minutes from sitting or lying position)
- Drowsiness
- Constipation
- Nausea or vomiting

Some of the SERIOUS side effects are:

- Allergic reaction: Skin rash, itching, difficulty in breathing, swelling of face, lips, tongue or throat
- Severe dizziness or passing out
- Fast heartbeat
- Mental alteration
- Feeling extremely tired or weak
- Seizures (fits)

Some of the common side effects may lessen or go away with time. Contact your doctor if any of these persist, become severe or bothersome. If you are experiencing one of the serious side effects, check with your doctor as soon as possible.

**If you think you or someone else may have taken an overdose of Methadone tablets, get emergency help and call 995 immediately.** Signs and symptoms of overdose may include cold clammy (pale) skin, confusion, seizures, severe dizziness (low blood pressure), severe drowsiness, severe nervousness or restlessness, slow or troubled breathing and severe weakness. Overdose can result in sudden death.

## **Storage**

Store the medicine at room temperature. Protect from light. Keep out of reach and sight of children. Throw away any medications that have expired or no longer needed.

***Methadone is a Controlled Drug in Singapore.***

***Please DO NOT share the medicine with other people.***