

What is this medicine for?

In the Addiction Medicine Department (AMD) of IMH, Methadone is used together with medical supervision and counselling to treat opium addiction in elderly people and opioid addiction in pregnant women. It prevents withdrawal symptoms in patients being treated for opium and opioid addiction.

Before using this medicine:

Tell your doctor if you have any drug allergies, or have ever had problems with breathing, liver, kidney, bowel, prostate, gallbladder, or thyroid problems; seizures (fits); brain disease or head injury.

If you are taking methadone for any other medical reasons, please inform your doctor.

How to use this medicine?

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

If you think you or someone else may have taken an overdose of Methadone tablets, get emergency help and call 995 at once.

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.

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 and chills, muscle pain, dilated (wide open) pupils, irritability and insomnia. Your doctor may want to gradually reduce the amount of Methadone you are taking before stopping it completely, in order to lessen the chance of developing withdrawal symptoms.

Precautions while taking this medicine:

- Methadone may make you drowsy or less alert. 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 health care 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 it is more than half way between the doses, 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

Like all medications, this medication may also cause some POSSIBLE side effects in some people. Everyone responds differently to medications; so not everyone experiences any or all of them.

COMMON (Generally affect up to 10% of patients)

Most of these side effects below will get better or go away completely with continued medication taking as your body gets used to this medication. Contact your doctor or pharmacist should they become too bothersome to you.

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

FOR URGENT ATTENTION

Check with your doctor as soon as possible if you have any of the following:

- ~ Allergic reaction: skin rash, itching, difficulty breathing, or swelling of face, lips, tongue or throat.
- ~ Severe dizziness or passing out.
- ~ Fast heartbeat
- ~ Big change in thinking clearly and logically
- ~ Feeling extremely tired or weak
- ~ Seizures (fits)

If you have any concerns about your medications or if you have other side effects that you think are caused by this medicine, please consult with your doctor or pharmacist.

Where should I store the medicine?

Store this medicine at room temperature, away from direct light, heat and moisture (not in the bathroom) and out of reach of children. Throw away any medication that is expired or no longer needed.

Methadone is a controlled drug in Singapore.

Do not share the medicine with other people.

Ask your doctor or pharmacist for more information or if you have any questions.



Patient Information Leaflet on

METHADONE

Institute of Mental Health

Pharmacy Department

10 Buangkok View
Singapore 539747

For medication enquiries: (during office hours)

IMH Clinic B/ Sayang Wellness Pharmacy: 63892077

IMH Clinic C (NAMS) Pharmacy: 63893666

Community Wellness Centre Pharmacy: 64715797

Geylang Behavioural Medicine Pharmacy: 67461724

Child Guidance Clinic (HPB) Pharmacy: 64353807

Child Guidance (Sunrise Wing) Pharmacy: 63892410

Email: enquiry@imh.com.sg

