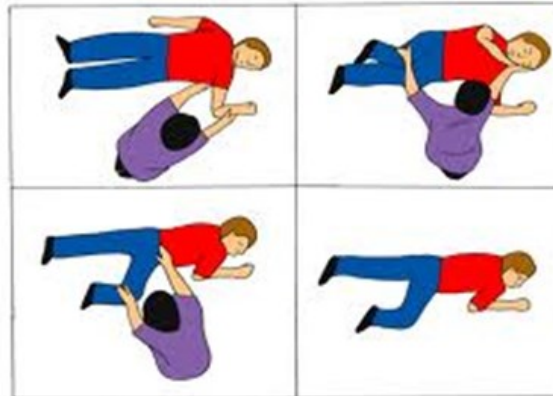


Factors that can lead to overdose

- ⇒ Injecting rather than smoking drugs
- ⇒ Mixing drugs such as heroin, methadone, alcohol and benzodiazepine
- ⇒ Variation in quality of street drugs
- ⇒ Using in unfamiliar surroundings
- ⇒ Using with unfamiliar people
- ⇒ Recent overdose
- ⇒ Underlying mental health problems
- ⇒ Reduced tolerance following detox or a prison sentence.
- ⇒ Beginning or ending opiate substitution medication prescribing.
- ⇒ Difficult life events, such as bereavement, loss of contact with children, separation or divorce.

Methadone overdose is a serious medical emergency.

- ⇒ In the event of suspected overdose **call 112 / 999** for an ambulance immediately
- ⇒ If the person is breathing, place them in the recovery position
- ⇒ If they are not breathing, do chest compressions
- ⇒ Give naloxone if you have it
- ⇒ Stay with the person at least until the ambulance arrives



Some numbers that may be of use:

Emergency services 999/112
Or contact your local hospital.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

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NATIONAL DRUG TREATMENT CENTRE
PHARMACY DEPARTMENT



Methadone Take Home Information



KEY INFORMATION

- **Store your methadone safely**, especially if **children** are present
- Remember that accidental intake of Methadone by **children** or others can have fatal results
- Don't use other drugs while taking methadone but if you do, **never use alone.**
- Learn how to recognise an overdose
- **Know what to do if an overdose** occurs and make sure that your friends know too
- If you feel low or you are struggling, **talk to someone** or ask to see a counsellor

Taking Your Methadone

- Your Methadone takeaways have been supplied and stored in bottles with 'child resistant' caps
- These bottles are clearly labelled with the risk of overdose and the quantity and strength of Methadone
- Even small children can open bottles with 'child resistant' caps so bottles containing methadone should therefore never be left in a position where they could possibly be handled by children
- Accidental intake of Methadone by children or others can have fatal results
- If at all possible make sure you are not alone for the first 2-4 hours after taking the first dose of prescribed methadone
- Do not use other drugs in addition to your methadone on your own – ask someone to stay with you
- Do not mix methadone with alcohol
- Do not mix methadone with tranquilisers or other drugs

What are the signs of Opioid Overdose



Cannot be woken up or not moving



Breathing slow or absent. Choking or coughing, gurgling or snoring sounds.



Pupils extremely small or pin-point



Cold or clammy skin



Discolouration of hands and lips to a blueish colour