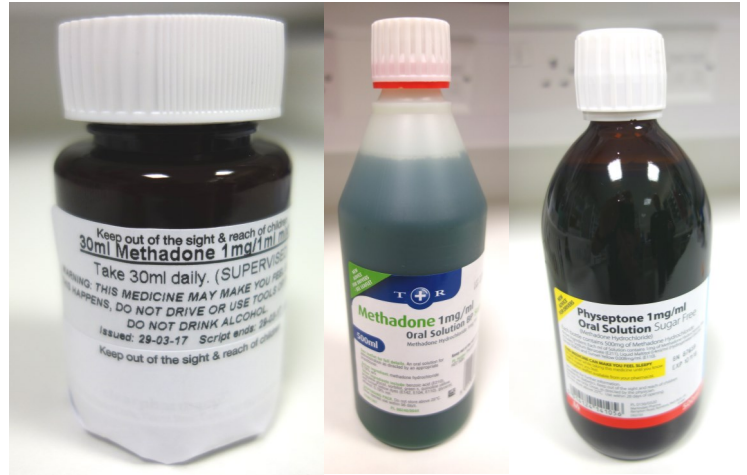


Information about Methadone

This is an easy way to say:
METH-ah-doan

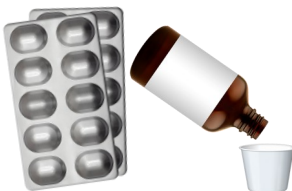


What is methadone?



Methadone is a medicine that can help you stop using drugs such as heroin.

Methadone can sometimes be called a different name like **Physeptone**.



Methadone can be taken as a tablet or liquid medicine.

Where do I get methadone?



You can only get methadone with a prescription.



The doctor or nurse:

- Will ask you questions about the drugs you use
- Will ask if you are taking any other medicine
- Might ask you for a sample of urine

How do I take methadone?

The doctor or nurse will talk to you about how much methadone you will need to take.



The doctor or nurse will tell you how to take your methadone.



You will usually take methadone in the morning.



At first you may have to visit the pharmacy to take methadone. This is so they can help you take the right amount of methadone.



After a few months of taking methadone you will be able to start taking your normal dose on your own at home.



If you forget to take your medicine you must tell your carer, doctor or nurse and ask for advice.



You should not stop taking your medicine suddenly as this could make you feel unwell.



What is good about methadone?



Methadone can help you stop using drugs such as heroin.

Methadone can help you to stay away from using drugs such as heroin in the future.



What is not good about methadone?



There are some health problems that people can get when they take methadone.

These problems are called **side effects**, but not everyone gets them. Some side effects of methadone are:



- Constipation
- Feeling weak
- Shallow breathing
- Feeling sick
- Feeling dizzy
- Not wanting to have sex
- Problems with having a baby

You should talk to your doctor or nurse if:

- You are worried about your medicine
- You have any questions about side effects
- You are feeling unwell



About this leaflet



The staff member working with you must always talk to you about this leaflet when they first give it to you.



If you have any questions about this information leaflet, please ask the staff member that gave it to you.

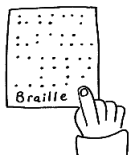


If you have any suggestions to make this leaflet better, please call the Participation and Engagement Team on **01270 848037** or email us on **centralandeast.participation@cwps.nhs.uk**.

The information in this easy read leaflet should always be discussed with the service user and it should not be provided without support.

A full information sheet about **methadone** should also be given to the service user, carer and staff.

This leaflet is available in other languages or formats.



For more information see www.cwp.nhs.uk.

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The information in this leaflet was valid at the date of production **November 2017** and is due for review in **November 2019**.

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