Follow Directions
How to Use Methadone Safely

Methadone Is a Proven Road to Relief…If You Keep Your Eyes on the Road

Methadone provides relief to patients who do not respond to non-narcotic pain medications and to individuals who suffer from addiction and dependence on heroin and narcotic pain medicines.

Here are some simple ways to reduce the risks:

- Know and share your complete health history with health professionals, especially if you are a first-time user. Other medicines may interact with methadone and cause heart conditions.
- Take methadone exactly as prescribed. Follow your doctor’s directions exactly.
- Never use more than the amount prescribed, at the times prescribed. If you miss a dose or if you feel it is not working, do not take extra.
- Use caution when taking methadone. Don’t consume alcohol. Be careful driving or operating machinery.
- Take care not to abuse methadone. It can be addictive.
- Call 911 if you take too much methadone or overdose.
- Take steps to prevent children from accidentally taking methadone; never give methadone to anyone else.
- Store methadone at room temperature and away from light.
- Dispose of unused methadone by flushing it down the toilet.

Need More Information?

Patients who develop a problem with methadone or have questions should speak with a physician or contact 1-800-662-HELP.

Helpful information can also be found at the following Web sites:

- U.S. Department of Health and Human Services (HHS)
  www.hhs.gov
- Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov
- Center for Substance Abuse Treatment (CSAT)
  www.csat.samhsa.gov
- CSAT’s Division of Pharmacologic Therapies
  www.dpt.samhsa.gov/methadonesafety
- Food and Drug Administration (FDA)
  www.fda.gov