

ORAL METHADONE TITRATION PROTOCOL

METHADONE TREATMENT IN PREGNANCY

Methadone is safe and efficacious for the treatment of opioid use disorder in pregnancy. Taken orally once a day, methadone will prevent opioid withdrawal symptoms.

CRITERIA FOR METHADONE TREATMENT IN PREGNANCY

1. Intrauterine pregnancy (**OR** positive B-hCG and undergoing work-up for IUP)
2. Positive urine toxicology screen for opiates **OR** meets criteria for substance use disorder
3. Desire to enter a methadone treatment program
4. Desire to obtaining prenatal care at Boston Medical Center
5. Ability to comply with Methadone patient guidelines

ADMISSION FOR METHADONE TITRATION

1. Evaluation by an OB/GYN resident or attending; admission to MFM
2. Labs done on admission: urine pregnancy test/ serum HCG, HIV, HCV Ab, HBSAg and HBSAb, Rubella, Varicella, RPR, CBC, T&S, urine culture, PPD; urine drug screen **and** expanded urine opioid panel screen (includes methadone, buprenorphine, oxycodone) and **EKG** (QTc < 480ms)
3. TV US to confirm intrauterine pregnancy
 - o Labs and US do not have to be completed before leaving ED
4. Patients may be admitted to L&D Antepartum regardless of gestational age
5. **No intravenous access** to be obtained
6. **Restricted from leaving the floor while being titrated: Patient understands leaving the floor unattended is grounds for discharge**
7. Nicotine patch will be offered for smokers
8. No visitors will be permitted during the course of the methadone titration

METHADONE “TITRATION”

PLEASE USE THE GUIDELINES OUTLINED BELOW. THE GOAL IS TO KEEP EVERYONE ON THE LOWEST DOSE POSSIBLE.

To be assessed every 2 to 4 hours for signs and symptoms of opioid withdrawal

Symptoms: yawning, sweating, anxiety, restlessness, insomnia, chills, nausea, crampy abdominal pains, muscle aches

Signs: lacrimation, rhinorrhea, dilated pupils, piloerection, tachycardia, hypertension, diarrhea, vomiting

ORAL METHADONE DOSING:

Starting dose:

- Active withdrawal (COWS score ≥ 5) give 30 mg methadone po
 - Alternatively: may give Dolophine 10-15 mg IM
- Anticipate withdrawal (COWS score < 5) give 10 mg methadone po
 - Alternatively: may give Dolophine 5 mg IM

Subsequent dosing: No less than 4 hours apart

Repeat doses to be ordered by MFM resident based on clinical assessment of withdrawal symptoms.

Use of PRN Comfort Medications during titration:

- Zofran 1-4 mg IV or 4-8mg PO for nausea
- Clonidine 0.1-0.2mg PO q4-6 hrs (for normotensive patients)
- Benadryl 25-50 mg po QHS

To calculate daily dose:

Calculate how much received over initial 24-hour period.

When initiated on IM, convert dose to PO for discharge.

- Total daily PO methadone dose = (Total dose of IM methadone required for 24hrs) x 2
- Total daily PO methadone doses $> 60\text{mg/day}$ should be lowered by 15% in an attempt to avoid over sedation in the following weeks

For Patient Safety and to avoid OVER-SEDATION:

- Due to the long half-life of Methadone (37hrs) and duration of time needed to reach steady state (4-5 half-lives)
 - **Methadone NAÏVE (no prior MTD Tx or >1 year): Maximum Dose is 60 mg**
 - **Recent Methadone : No more than 60% of their previous dose**
- If her dose needs to be increased due to withdrawal symptoms, this can be done as an **outpatient** via daily assessment by the methadone clinic staff. Patients may be discharged with some mild symptoms.

DISCHARGE CRITERIA:

- Communication with methadone clinic closest to patient's home address (include last dose letter). Fax letter and give copy to patient.
- **Please try to make arrangements with the closest methadone clinic to patient.** However, last resort is CSAC, Bradston Street.
- Methadone Patients do not need an intake with RESPECT RN.
- Scheduled follow up appointment with Project RESPECT Program – please flag Ingrid St. Hill in Logician or call @ 4-6376. Please include gestational age in flag or on phone.
-

- **DO NOT GIVE PRESCRIPTIONS FOR**
 - **BENADRYL**
 - **BENZODIAZEPINES (Clonazepam *klonopin*, Diazepam *valium*)**
 - **CLONIDINE (Catapres)**
 - **GABAPENTIN (Neurontin)**
 - **PROMETHAZINE (Phenergan)**
- **DO NOT WRITE ANY NEW RX FOR PSYCHIATRIC MEDICATIONS:
Contact the RESPECT provider (#0783) for questions**

ADDITIONAL QUESTIONS:

- Please feel free to contact anyone on the Project RESPECT team with any questions or concerns.
- The Project RESPECT RN Phone Line is 4-4165.

Methadone Titration Protocol.doc

Last update January 2017