

# Methadone Tapering Flow Sheet

Patient Name: \_\_\_\_\_

<http://agencydirectors.wa.gov/Calculator/DoseCalculator.htm>

Date of Birth: \_\_\_\_\_

<p><b>STEP 1: CALCULATE MORPHINE MILLIGRAM EQUIVALENT (MME)</b></p>	<p>Methadone mg/day _____ = _____ MME</p>
<p><b>STEP 2: IF MME &gt;200 DAILY</b></p> <p><b>DECREASE BY 20% OF ORIGINAL DOSE EVERY 2 WEEKS UNTIL 200 MME IS REACHED (METHADONE 25MG/DAY)</b></p>	<p>Week 0: 20% Decrease = _____ mg/day            Week 2: 20% Decrease = _____ mg/day            Week 4: 20% Decrease = _____ mg/day            Week 6: 20% Decrease = _____ mg/day            Week 8: 20% Decrease = _____ mg/day</p>
<p><b>STEP 3: DISCONTINUE METHADONE</b></p> <p><b>INITIATE NEW OPIOID FOR 2 MONTHS AT 50% OF DISCONTINUED METHADONE MME</b></p> <p><b>(OXYCODONE DAILY DOSE = 50% MME × 0.67)</b></p>	<p>Methadone MME = _____</p> <p>50% MME = _____</p> <p>New Opioid = _____</p> <p>New Opioid Dose = _____ mg/day</p>
<p><b>STEP 4: DECREASE BY 20% OF INITIAL OPIOID DOSE EVERY 2 WEEKS</b></p> <p><b>*DECREASE UNTIL 20% OF INITIAL DOSE REMAINS</b></p>	<p>*20% of Original Dose = _____ mg/day</p> <p>Week 0: 20% Decrease = _____ mg/day            Week 2: 20% Decrease = _____ mg/day            Week 4: 20% Decrease = _____ mg/day            Week 6: 20% Decrease = _____ mg/day</p>
<p><b>STEP 5: DECREASE BY 10% OF INITIAL OPIOID DOSE</b></p> <p><b>IF POSSIBLE DISCONTINUE OPIOID AFTER 2 WEEKS</b></p>	<p>10% of Original Dose = _____ mg/day</p> <p>Week 8: 10% Decrease = _____ mg/day</p>

**Example: Patient Taking 80 mg/day of Methadone**

<p><b>STEP 1:</b> CALCULATE MORPHINE MILLIGRAM EQUIVALENT (MME)</p>	<p>Methadone mg/day <u>80</u> = <u>960</u> MME</p>
<p><b>STEP 2:</b> IF MME &gt;200 DAILY  DECREASE BY 20% OF ORIGINAL DOSE EVERY 2 WEEKS UNTIL 200 MME IS REACHED (METHADONE 25MG/DAY)</p>	<p>Week 0: 20% Decrease = <u>65</u> mg/day Week 2: 20% Decrease = <u>50</u> mg/day Week 4: 20% Decrease = <u>35</u> mg/day Week 6: 20% Decrease = <u>25</u> mg/day</p>
<p><b>STEP 3:</b> DISCONTINUE METHADONE  INITIATE NEW OPIOID FOR 2 MONTHS AT 50% OF DISCONTINUED METHADONE MME (OXYCODONE DAILY DOSE = 50% MME × 0.67)</p>	<p>Methadone MME = <u>200</u>  50% MME = <u>100</u>  New Opioid: <u>Morphine</u>  New Opioid Dose = <u>100</u> mg/day</p>
<p><b>STEP 4:</b> DECREASE BY 20% OF INITIAL OPIOID DOSE EVERY 2 WEEKS  *DECREASE UNTIL 20% OF INITIAL DOSE REMAINS</p>	<p>*20% of Original Dose = <u>20</u> mg/day  Week 0: 20% Decrease = <u>80</u> mg/day Week 2: 20% Decrease = <u>60</u> mg/day Week 4: 20% Decrease = <u>40</u> mg/day Week 6: 20% Decrease = <u>20</u> mg/day</p>
<p><b>STEP 5:</b> DECREASE BY 10% OF INITIAL OPIOID DOSE  IF POSSIBLE DISCONTINUE OPIOID AFTER 2 WEEKS</p>	<p>10% of Original Dose = <u>10</u> mg/day  Week 8: 10% Decrease = <u>10</u> mg/day</p>

<b>Long-Acting Opioids: How Supplied</b>			
<b>Methadone</b>	<b>Morphine SR tabs (MS Contin®)</b>	<b>Morphine SR capsules (Kadian®)</b>	<b>Oxycodone ER (OxyContin®)</b>
<p>5 mg 10 mg</p>	<p>15 mg 30 mg 60 mg 100 mg 200 mg</p>	<p>10 mg 20 mg 30 mg 40 mg 50 mg 60 mg 80 mg 100 mg 200 mg</p>	<p>10 mg 15 mg 20 mg 30 mg 40 mg 60 mg 80 mg</p>