

# Methadone Harm and Reduction



## Dependency

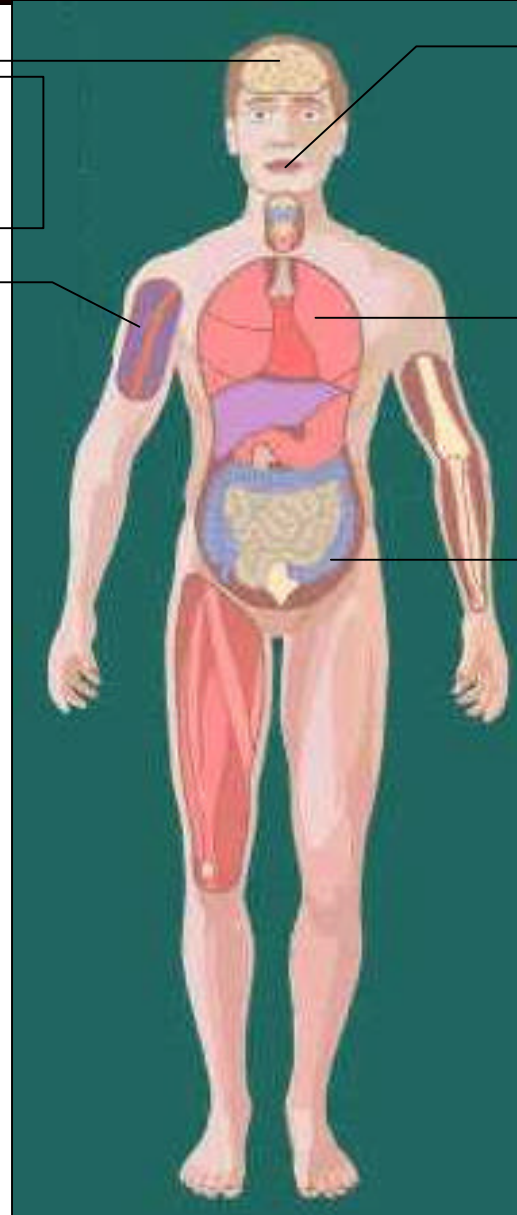
Use infrequently if not dependent

## Injecting Risks

Don't inject methadone mixture  
Don't inject tablets – if you do filter them thoroughly  
Consider diluting ampoules or using in a muscle to reduce vein damage

## Overdose:

Don't use more than one day's dose at a time  
Don't use on top – if you do use a lot less  
Don't mix with alcohol, benzos  
Don't use alone



**Toothcare:** chew gum, rinse mouth, consume through a straw, dental check-ups

**Cough Suppression;** risk of pneumonia and bronchial probs  
Check-ups, prompt treatment for chest infections

## Constipation

Diet, supplements  
Massage, medical help

## General:

Keep methadone away from children;  
Seek guidance about driving on methadone  
Reduce from methadone gradually