

Methadone dose calculation upon admission (example of our patient's score)

Opioid withdrawal signs*	0 hours	6 hours	12 hours	18 hours	24 hours	48 hours†	72 hours‡
Dilated pupils	0	0	0	0	0	X	X
Rhinorrhea	1	1	0	0	0	X	X
Lacrimation	1	1	0	0	0	X	X
Gooseflesh	1	1	1	1	1	X	X
Nausea or vomiting	1	1	0	0	0	X	X
Diarrhea	0	0	0	0	0	X	X
Yawning	1	1	1	1	1	X	X
Muscle cramps	0	0	0	0	0	X	X
Restlessness	1	2	2	2	2	X	X
Voiced complaints	2	2	2	2	2	X	X
Increase in vital signs	0	1	0	0	1	X	X
Total score	8	10	6	6	7	X	X
Methadone dose (1 mg for each point). For a total score of 5 or less, do not administer dose for that hour	8	10	6	6	7	37	33

* Point scheme: 0= absence of symptoms, 1= presence of symptoms, 2= severe symptoms.

† For 48-hour dosing, add total scores from hours 0, 6, 12, 18 and 24 and administer as a single dose for the next 24 hours.

‡ For additional 24-hour dosing, decrease the 48-hour dose by 10% and continue decreasing by 10% at each 24-hour interval.