1 LONGER PRESCRIPTION
Methadone & Suboxone scripts CAN be written for 2-3 months at a time. This means you won’t have to go to the clinic for a longer period of time which means less mixing with others and reducing the risk to all.
ASK your doctor/pharmacy what the plan is if they are forced to CLOSE.
BE SURE TO ASK FOR NALOXONE PRESCRIPTIONS AS WELL!!

2 TAKE AWAY DOSES (TADS)
Ask your prescriber to give you as many take-away doses, (TADs) as they can. More take-aways mean less visits to the pharmacy, less mixing with other people, & a reduced need to leave your house. If your prescriber is happy to give you more than 4 TADs p/w (methadone) or more than 6 TADs p/w (Suboxone) please make sure your prescriber tells your dosing pharmacy so you don’t have problems picking it up.

3 APPOINTMENTS & PRESCRIPTIONS
Make sure your prescription is up-to-date.
If you have an appointment coming up with your doctor, PLEASE DO NOT MISS IT.* If you are feeling unwell or are in self-isolation, call your medical clinic BEFORE going and follow their advice.
*Prescribers are in VERY high demand and it is hard to get another appointment.

4 DO NOT MISS DOSES!
If you miss 4 doses in a row (of either methadone or buprenorphine (Suboxone/Subutex), your pharmacy cannot dose you. If your prescriber is not available, it will be VERY hard to find another one, especially in time to prevent opioid withdrawal symptoms.

5 KEEP CALM.
Freaking out does not help anyone- ESPECIALLY yourself! Stress lowers the immune system and leaves you susceptible to ANY dis-ease. BREATHE.

FOR PHARMACOTHERAPY EMERGENCIES, CALL PAMS 1800 443 844
Another Harm Reduction Victoria Initiative. WWW.HRVIC.ORG.AU