



HRVIC PRESENTS

COVID 19 PHARMACOTHERAPY



Methadone & Buprenorphine Dependent
FOR & BY PEOPLE WHO USE DRUGS



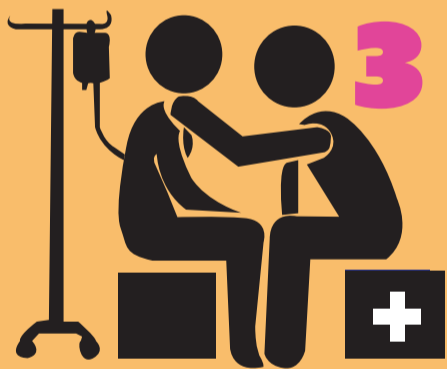
1 LONGER PRESCRIPTION

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,
CALLPAMS 1800 443 844**

Another Harm Reduction Victoria Initiative.
WWW.HRVIC.ORG.AU

