

A New Approach to Methadone Carries



A group of **three people** with experience of taking methadone, **two people** with experience of prescribing methadone, and **one person** with experience of dispensing methadone came together to discuss a new way of thinking about methadone carries.



The goal of this approach is to **balance the benefits and risks** of methadone carries.

SIX GUIDING QUESTIONS FOR MAKING DECISIONS ABOUT CARRIES

1. Can the carries be kept **safe**?
2. **How long** has the person been taking methadone?
3. How is the person managing their responsibilities(i.e., **stability**)?
4. Does the person take **most of their observed doses**?
5. Are the person's recent **substance use patterns** lower or higher risk?
6. What do the person's **urine drug tests** show?

BASED ON THE ANSWERS TO THESE QUESTIONS, SOMEONE MIGHT BE ELIGIBLE FOR...

No carries
(potential risks outweigh potential benefits)

Up to **3 non-consecutive carries**

Su (M) Tu (W) Th (F) Sa

4 to 6 carries

7 or more carries



READ THE FULL REPORT

www.metaphi.ca/wp-content/uploads/CarryPrinciples.pdf

READ THE SUMMARY

www.metaphi.ca/wp-content/uploads/CarryPrinciples_PlainLanguage.pdf

