

# METHADONE DOSING

Indication - major spine as defined by having all the following:

- Instrumentation
- More than one level
- More than two hours
- Thoracolumbar

**0.2 mg/kg of IBW or 15 mg** for narcotic naïve patients < 65 years old

**0.3 mg/kg of IBW up to a maximum of 20 mg** for patients < 65 years old on 50 MME or more per day

**0.15 mg/kg of IBW or 10 mg** for narcotic naïve patients > 65 years old

**0.2 mg/kg of IBW or 15 mg** for patients > 65 years old on 50 MME or more per day

Other considerations:

Decrease dose if OSA

Avoid in patients over 80 years old

Avoid in ESRD (although it is metabolized in liver)

Avoid in outpatients for the time being

MME = morphine milligram equivalents. Common examples:

One oxycodone = 45 MME

Two hydrocodone = 60 MME