

## Remember!

A child does not have any tolerance to methadone - as little as a teaspoon of methadone can kill a young child.

Methadone can cause a child to:

- Become unconscious
- Stop breathing
- Vomit
- Choke on their own saliva or vomit because they are unable to swallow when unconscious

## Emergency Action!

If you think a child has swallowed your medication;

- Phone for an ambulance immediately
- Take the container of medication (and any remaining contents) with you to A&E so the doctor knows what the child has taken
- Do not try to make the child sick – this may make things worse.
- If the child is unconscious, lie them on their side to make their breathing easier and to prevent them from inhaling vomit if they are sick

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।

如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost [info@cwps.nhs.uk](mailto:info@cwps.nhs.uk) neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

## Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire & Wirral Partnership NHS Foundation Trust, **PALS, Complaints & Claims Team**, Trust Headquarters Redesmere, Liverpool Road, Chester, CH2 1BQ.

For more information see [www.cwps.nhs.uk](http://www.cwps.nhs.uk)

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Cheshire and Wirral Partnership NHS Foundation Trust

## Children and Methadone



## How safe are yours?

Care • Well-being • Partnership

## What is methadone?

Methadone belongs to the opioid family of drugs. It is used most commonly to treat dependence of other opioid drugs such as heroin, codeine and morphine.

## Keep your methadone safe...

If you have children or are in frequent contact with children and you receive methadone to take home please read the following advice;

Always store your methadone in a locked cupboard or lockable container.

Never leave your methadone unattended, even for a few seconds.

Always use the measuring cup provided by your pharmacist and make sure you always take the prescribed dose.

If you spill your methadone, clear it up immediately. Wash any cloths used or dispose of any paper towels properly.

Young children are naturally curious and do not understand danger. You cannot expect children to understand the difference between a brightly coloured tablet and a sweet or between methadone and juice.

Any empty bottles should be rinsed out with water and have the lids replaced before disposing them in the bin for recycling.

Remember to store your remaining methadone in a locked cupboard or lockable container.

## Never store your methadone...

- ✗ In low cupboards
- ✗ Under the bed
- ✗ In shopping bags
- ✗ In the bathroom
- ✗ In the fridge
- ✗ In a car glove box
- ✗ Anywhere other than your locked cupboard/lockable container

## Keep your children safe

- ✓ If you care for children, talk to them about the dangers of taking medication that is not for them.
- ✓ Keep all medicines out of reach of children.
- ✓ Avoid taking your methadone in front of children.
- ✓ Make sure your pharmacist gives you bottles that have a child resistant cap. These make it hard for a child to open but they are not 100% child proof.
- ✓ Never store your methadone in anything other than the medicine bottle provided by the pharmacy.
- ✓ Always return any left over methadone to the pharmacy so it can be disposed of safely.
- ✓ Never dilute your methadone with water or fruit juices because a child may mistake it as 'juice'.