

### Dihydrocodeine crossover and withdrawal regimens

For patients preparing to detoxify from a long acting opioid, usually methadone, there is an initial crossover period of seven days which is intended to block the emergence of severe withdrawal while the methadone is eliminated. After the crossover phase the reduction phase is the same as for short acting opioids.

	Total daily dose of Df118	No. of tabs 30mg	Total daily dose of Df118	No. of tabs 30mg
Crossover phase from methadone 30mg.			Crossover phase from methadone 20mg	
Day 1	600mg	20	480mg	16
Day 2	600mg	20	480mg	16
Day 3	600mg	20	480mg	16
Day 4	600mg	20	480mg	16
Day 5	600mg	20	480mg	16
Day 6	600mg	20	480mg	16
Day 7	600mg	20	480mg	16
Withdrawal phase from crossover/£30 heroin			Withdrawal phase from crossover/£20 heroin	
Day 1	600mg	20	480mg	16
Day 2	480mg	16	360mg	12
Day 3	360mg	12	300mg	10
Day 4	240mg	8	240mg	8
Day 5	180mg	6	180mg	6
Day 6	120mg	4	120mg	4
Day 7	60mg	2	60mg	2
Three days after the last dose of dihydrocodeine, the patient can be started on naltrexone.				

The dihydrocodeine detoxification is well-suited to use in the community because patients are familiar with opioid effects and are likely to be able to titrate the required dose correctly themselves. When used in the community the regimen can be extended from seven up to fourteen days, but in most cases the aim should be to establish patients on naltrexone within a two week timescale.

*Banbery J, Wolff K, and Raistrick D (2000 forthcoming). 'Dihydrocodeine. A useful tool in the detoxification of methadone-maintained patients', Journal of Substance Abuse Treatment.*