

# METHADONE & SUBOXONE GUIDE



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## **Q. What is the difference between methadone and suboxone?**

A. Methadone is a full opioid agonist used to prevent withdrawal symptoms from discontinuing illicit opioid use, and to help control cravings. Dosed correctly, it achieves this effect without giving the user a high.

Suboxone is a mix of buprenorphine, a partial opioid agonist used to prevent withdrawals from opioids and control cravings, and naloxone, an opioid antagonist used to prevent opioid overdose. Suboxone is considered a safer alternative to methadone.

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## **Q. How are methadone and suboxone prescribed?**

A. Methadone maintenance therapy (MMT) requires a daily visit to a healthcare facility where methadone is administered in pill form under the supervision of a healthcare professional. Patients may remain on MMT for months or even years. Suboxone is a tablet placed between the gums and cheek. It is administered daily. Initially, suboxone will be administered under the supervision of a physician. As you become more stable on suboxone therapy, patient are provided suboxone to take on their own.

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## **Q. How much does treatment cost?**

A. With insurance, suboxone is free. Methadone may or may not be covered by insurance. If it is not the daily dose it can cost anywhere from \$12-\$25.

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## **Q. What if I don't have transportation for my appointments?**

A. If you need transportation assistance, please call our hotline (319-214-0540). We will provide you a ride or get an Uber for you.

**5****Q. Is the withdrawal worse than from heroin?**

A. Withdrawal from any drug is going to be hard. According to clinical studies, withdrawal from suboxone is more mild than withdrawal from opioids such as morphine. If you're worried, talk to your healthcare provider about your concerns!

**6****Q. How soon can I start?****Methadone:**

Marion: (319-363-2678)

Cedar Rapids: (844-741-0151).

**Suboxone:**

You can begin immediately by visiting the ER at UIHC. They provide 14 days of suboxone for free, initiate the treatment, and will schedule a follow up appointment. This process is free even if you don't have insurance.

**7****Q. Where can I access methadone or suboxone treatment?****Methadone**

*Marion:*

Cedar Valley Recovery Services  
319-363-2678

*Cedar Rapids:*

Cedar Rapids Comp. Tx Center  
844-741-0151

**Suboxone**

*Cedar Rapids:*

Eastern Iowa Health Center  
319-730-7300

*Iowa City:*

Jared Swartzendruber at UIHC can connect clients with MAT providers. Call/Text 319-800-5670 or email [co-mat-ia@healthcare.uiowa.edu](mailto:co-mat-ia@healthcare.uiowa.edu)

**IHRC**

**Iowa City, Cedar Rapids, & Eastern Iowa** (319) 214-0540  
**Des Moines & Central Iowa** (515) 207-5202  
**Website:** [iowaharmreductioncoalition.org](http://iowaharmreductioncoalition.org)