

Commonly Prescribed Opioids and MME Considerations

Codeine	Number of units \geq 50 MME/day	Number of units \geq 90 MME/day
APAP-codeine #2, APAP-codeine 300-15mg	22 tablets	40 tablets
APAP-codeine #3, Tylenol with codeine#3®, APAP-codeine 300-30mg	12 tablets	20 tablets
Butalbital-APAP-caffeine-codeine, Fioricet/codeine 300-50-40-30mg, and all equivalent codeine dose combination products	12	20 tablets
APAP/codeine solution, Capital/codeine 120-12mg/5 mL	139 mL	250 mL
Fentanyl	\geq 50 MME/day?	\geq 90 MME/day?
12 MCG/HR	No	No
25 MCG/HR	Yes	No
\geq 37.5 MCG/HR	Yes	Yes
Hydrocodone	\geq 50 MME/day?	\geq 90 MME/day?
Hydrocodone /APAP, Verdrocet® 2.5/325mg and all equivalent hydrocodone dose combo products	20 tablets	36 tablets
Hydrocodone /APAP, Vicodin® 5/300mg and all equivalent hydrocodone dose combo products	10 tablets	18 tablets
Hydrocodone /APAP, Vicodin ES® 7.5/300mg & all equivalent hydrocodone dose combo products	7 tablets	12 tablets
Hydrocodone /APAP, Vicodin HP® 10/300mg and all equivalent hydrocodone dose combo products	5 tablets	9 tablets
Lortab® elixir, Zamicet 10-325mg/15mL solution, and all equivalent hydrocodone dose combos	75 mL	135 mL
Hydromorphone	\geq 50 MME/day?	\geq 90 MME/day?
Hydromorphone, Dilaudid® 2mg	7 tablets	12 tablets
Hydromorphone, Dilaudid® 4 mg	4 tablets	6 tablets
Methadone	\geq 50 MME/day?	\geq 90 MME/day?
Methadone, Dolophine® 5mg	3 tablets	5 (equal to 200 MME/day)
Methadone, Dolophine® 10 mg	2 tablets	3 (equal to 240 MME/day)
Oxycodone	\geq 50 MME/day?	\geq 90 MME/day?
Oxycodone solution 5mg/5mL	34 mL	60 mL
Oxycodone /APAP, Percocet® 5/325mg and all equivalent oxycodone dose combination products	7 tablets	12 tablets
Oxycodone/APAP, Percocet® 7.5mg/325mg and all equivalent oxycodone dose combo products	5 tablets	8 tablets
Oxycodone/APAP, Percocet® 10/325mg , and all equivalent oxycodone dose combination products	4 tablets	6 tablets

The Gaston Controlled Substances Collaborative provides evidence based clinical practice recommendations to healthcare professionals in our community. The recommendations do not indicate an exclusive course of action, or serve as a standard of medical care. Variations, taking individual circumstances into account, may be appropriate.

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Oxycodone (cont.)	Number of units \geq 50 MME/day	Number of units \geq 90 MME/day
Oxycontin®, Roxicodone®, oxycodone ER, oxycodone HCl 10mg	4 tablets	6 tablets
Oxycontin®, Roxicodone®, oxycodone ER, oxycodone HCl 20mg	2 tablets	3 tablets
Oxycontin®, Roxicodone®, oxycodone ER, oxycodone HCl 30mg	2 tablets	2 tablets
Oxycontin®, Roxicodone®, oxycodone HCl ER 40mg	1 tablet	2 tablets
Oxymorphone	\geq 50 MME/day?	\geq 90 MME/day?
Opana, Opana ER, oxymorphone, oxymorphone	4 tablets	6 tablets
Opana ER, oxymorphone ER 7.5mg	3 tablets	4 tablets
Opana, oxymorphone, Opana ER, oxymorphone ER 10mg	2 tablets	3 tablets
Tapentadol	\geq 50 MME/day?	\geq 90 MME/day?
Nucynta®, Nucynta ER® 50mg	3 tablets	5 tablets
Nucynta® 75mg	2 tablets	3 tablets
Nucynta®, Nucynta ER® 100mg	2 tablets	3 tablets
Tramadol	\geq 50 MME/day?	\geq 90 MME/day?
Tramadol, Ultram® 50mg	4 tablets	8 tablets
Tramadol ER, Ultram ER®, ConZip® 100mg	2 tablets	4 tablets
Tramadol ER 150mg	2 tablets	3 tablets

Opioid (doses in mg/day except where noted)	CONVERSION FACTOR	Calculating MME for opioids: 1) Determine total daily amount of each opioid the patient takes 2) Multiply total daily dose of each opioid by conversion factor 3) Add them together <i>These dose conversions are estimated and cannot account for all individual differences in genetics and pharmacokinetics. CAUTION:</i> Do not use calculated dose in MMEs to determine dosage for converting one opioid to another. The new opioid dose should be lower <u>Per CDC recommendations, utilize total daily opioid dose in practice by:</u> •Prescribing the lowest possible effective dose •Using extra precautions when increasing to \geq 50 MME per day such as: -Monitor and assess pain and function more frequently -Discuss dose reduction or taper & D/C if benefits don't outweigh risk -Consider offering naloxone •Avoiding or carefully justifying an increase in dose to \geq 90 MME/day <u>Estimated Street Value per Pill (as of Aug 2016)</u> Schedules II, III, IV: \$1.00 per milligram of controlled substance
Codeine	0.15	
Fentanyl (in mcg/hr)	2.4	
Hydrocodone	1.0	
Hydromorphone	4.0	
Methadone 1-20 mg/day	4.0	
21-40 mg/day	8.0	
41-60 mg/day	10	
\geq 61-80 mg/day	12	
Morphine	1.0	
Oxycodone	1.5	
Oxymorphone	3.0	

- Dowell D, Haegerich T, Chou R. CDC guideline for prescribing opioids for chronic pain – United States, 2016. JAMA 2016;315(15):1624-1645.
- “Calculating Total Daily Dose of Opioids for Safer Prescribing”. CDC. <http://www.cdc.gov/drugoverdose/prescribing/resources.html>. Web. 13 May 2016.