

Appendix 2 (as submitted by the authors): Example from the *Canadian Guideline - Recommendation 9 (Optimal Dose)*

Table B-9.1 Opioid Suggested Initial Dose and Titration

Modified from Weaver 2007 with information from the e-CPS (Canadian Pharmacists Association, 2008)

Note: The table is based on oral dosing for chronic non-cancer pain. Brand names are shown if there are some distinct features about specific formulations. Reference to brand names as examples does not imply endorsement of any of these products.

ASA: acetylsalicylic acid, CR = controlled release, IR = immediate release, NA = not applicable

Opioid	Initial dose	Minimum time interval for increase	Suggested dose increase	Minimum daily dose before converting IR to CR
Codeine (alone or in combination with acetaminophen or ASA)	15-30 mg q.4 h. as required	7 days	15-30 mg/day up to maximum of 600 mg/day (acetaminophen dose should not exceed 3.2 grams/day)	100 mg daily
CR Codeine	50 mg q.12 h.	2 days	50 mg/day up to maximum of 300 mg q.12 h.	NA
Tramadol (37.5 mg) + acetaminophen (325 mg)	1 tablet q.4-6 h. as needed up to 4/day	7 days	1-2 tab q. 4-6 h. as needed up to maximum 8 tablets/day	3 tablets
CR Tramadol	a) Zytram XL [®] : 150 mg q. 24 h. b) Tridural [™] : 100 mg q. 24 h. c) Ralivia [™] : 100 mg q. 24 h.	a) 7 days b) 2 days c) 5 days	Maximum doses: a) 400 mg/day b) 300 mg/day c) 300 mg/day	NA
IR Morphine	• 5-10 mg q. 4 h. as needed • maximum 40 mg/day	7 days	5-10 mg/day	20-30 mg
CR Morphine	• 10-30 mg q.12 h. • Kadian [®] : q. 24 h. Kadian [®] should not be started in opioid-naïve patients	Minimum 2 days, recommended: 14 days	5-10 mg/day	NA
IR Oxycodone	• 5-10 mg q. 6 h. as needed • maximum 30 mg/day	7 days	5 mg/day	20 mg
CR Oxycodone	• 10-20 mg q.12 h. • maximum 30 mg/day	Minimum 2 days, recommended: 14 days	10 mg/day	NA
IR Hydromorphone	• 1-2 mg q. 4-6 h. as needed • maximum 8 mg/day	7 days	1-2 mg/day	6 mg

Appendix to: Furlan AD, Reardon R, Wepler C. Opioids for chronic noncancer pain: a new Canadian practice guideline. *CMAJ* 2010. DOI:10.1503/cmaj.100187.

CR Hydromorphone	<ul style="list-style-type: none">• 3 mg q. 12 h.• maximum 9 mg/day	Minimum 2 days, recommended: 14 days	2-4 mg/day	NA
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Appendix to: Furlan AD, Reardon R, Wepler C. Opioids for chronic noncancer pain: a new Canadian practice guideline. *CMAJ* 2010. DOI:10.1503/cmaj.100187.

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