

Maximum Daily Opioid Quantities to stay within 50 Milligram Morphine
Equivalents (MME)

Immediate-Release Opioid	Strength per tablet	≤50 MME / day (Number of tablets)
Codeine	15mg	22
	30mg	11
Morphine	5mg	10
	10mg	5
Oxycodone	5mg	6
	10mg	3
Hydromorphone	1mg	10
	2mg	5
Tramadol*	37.5mg	8 ¹
	50mg	6 ²

*A range of estimates have been reported for tramadol's equivalence to morphine. The following tramadol drug monographs were referred to for the above information. 1. Tramacet Monograph. Janssen. Date of Revision: July 11, 2019. 2. Ultram Monograph. Janssen. Date of Revision: July 11, 2019.