



RECOVERY WITHOUT WALLS

Informed Consent for Long-term Medication, including Controlled Substance Therapy for Chronic Pain, Substance Dependence, Addiction, Mood, Sleep and Psychiatric Disorders

Your physician has diagnosed you with one of the conditions commonly treated by this office, such as chronic pain, addiction, mood disorder, sleep disorder, or psychiatric disorder. As part of your treatment, you may likely be prescribed medications, often including controlled substances. We want you to know that our practice endeavors to minimize the use of medication and take full advantage of non-pharmacologic methods to treat the above disorders. We want you to be aware that although these medications can be useful, the long term effects are often unknown and not yet adequately studied by scientific research.

1. All controlled substances, including opioid pain medicines, controlled stimulants, or anti-anxiety medicines, must come from a physician from our practice. During his or her absence, medication must be prescribed by the covering physician, unless specific authorization is obtained for an exception. (Multiple sources can lead to untoward drug interactions or poor coordination of treatment.) Initiation in psychiatric and other mood or sleep altering, must also be coordinated with our office, generally in advance unless on an emergency basis.
2. You are expected to inform our office of any new medications or medical conditions, and of any adverse effects you experience from any of the medications that you take.
3. The prescribing physician has permission to discuss all diagnostic and treatment details with team members within this office, with dispensing pharmacists and with other health care professionals that are prescribing controlled substances for purpose of maintaining accountability.
4. The prescribing physician has permission to obtain a Controlled Substance Utilization Review and Evaluation System (C.U.R.E.S) report from the California Bureau of Narcotic Enforcement as it has become a frequently recommended component of medical care. As of October 18, 2018, the C.U.R.E.S report is a mandatory procedure for physicians and pharmacies prescribing and fulfilling controlled substances. This report is utilized at the first office visit and in 4-month intervals. Additional reports may be run if it is suspected a patient may be going outside of the agreements of this document. For more information, visit: <https://oag.ca.gov/cures>
5. The prescribing physician and/or staff will, at times, communicate with you via email or by leaving voicemail messages unless asked otherwise. We will take every

precaution to not violate patient confidentiality when doing so. To assign or revoke consent of communications, please see our Office Policies document.

6. These drugs should not be stopped abruptly or without supervision, as an abstinence or withdrawal syndrome may develop.

7. Unannounced or scheduled urine, saliva or serum toxicology screens may be requested, and your cooperation is required. Presence of unauthorized substances may result in termination from our practice.

8. You may not share, sell, or otherwise permit others to have access to these medications.

9. Prescriptions and bottles of these medications may be sought by other individuals with chemical dependency and should be closely safeguarded. It is expected that you will take the highest possible degree of care with your medication and prescription. They should not be left where others might see or otherwise have access to them.

10. Since the drugs may be hazardous or lethal to a person who is not tolerant to their effects, especially a child, you must keep them out of reach of such people.

11. Medications may not be replaced if they are lost or destroyed. If your medication has been stolen and you complete a police report regarding the theft, an exception may be made.

12. Prescriptions are generally given only at the time of an office visit during regular office hours (Monday through Thursday). Non-emergency requests after hours or on weekends are handled the next business day.

13. Early refills will generally not be given.

14. You may be asked to bring all unused medicine in their original container to the office visit to facilitate the rate at which you are using the medication.

15. Prescriptions may be issued early if the physician or patient will be out of town when a refill is due. These prescriptions will contain instructions to the pharmacist that they not be filled prior to the appropriate date.

16. If the responsible legal authorities have questions concerning your treatment, as might occur, for example, if you were obtaining medications at several pharmacies, confidentiality for this purpose is waived and these authorities may be given access to your medical records.

17. It should be understood that any medical treatment is initially a trial, and that continued prescription is contingent on evidence of benefit.

18. You are expected to abstain from consuming alcohol while taking medications prescribed by this practitioner.

19. There are benefits as well as potential side effects of these therapies, including but not limited to:

- sleepiness, confusion, difficulty thinking
- nausea, vomiting, constipation
- difficulty breathing, shortness of breath, wheezing
- potential for allergic reaction, rash, itching
- potential for interaction with other medications (increasing effects or side effects of drugs taken together)
- potential for dose escalation/tolerance (need for higher doses for the same effect may occur with long term use)
- potential for dependence (after the body adjusts to these medications, they cannot be stopped abruptly without causing physical symptoms)
- potential for withdrawal (stopping medications abruptly may cause nausea, vomiting, abdominal pain, sweating, aching, abnormal heartbeat or other symptoms that can be life threatening; medication changes should be under provider supervision)
- potential for addiction (compulsive drug use not related to pain relief or symptoms)
- potential for death, particularly if the medication is misused or if there is an allergic reaction
- potential for impaired judgment and/or motor skills
- other:

As with any medication, it can be unsafe and illegal to: drive, operate heavy machinery, ride a bicycle, swim, or take part in any other potentially dangerous activity while taking medication. This is especially true at a time of change, increase, or decrease in medication. Your physician must be consulted prior to driving or if any uncertainty exists regarding the safety of your activities.

20. It is understood that failure to adhere to these policies may result in cessation of therapy with controlled substance prescribing by this physician or referral for further specialty assessment.

You affirm that you have full right and power to sign and be bound by this agreement, and that you have read, understand, and accept all of its terms.

Patient Name: _____

Patient Signature: _____

Date: _____