

Controlled Substances Safe Use Agreement²

*Adapted from Stanford Controlled Substances Safe Use Agreement

Addressograph or Label - Patient Name, Medical Record Number

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This document outlines our clinic policy on controlled prescription medicines, designed to ensure safe care and an effective treatment relationship.

Our goal is to treat your medical conditions effectively and safely. Controlled Medicines can help you return to your usual activities, but they have risks. California and US Federal governments closely regulate these medicines because they have a high potential for misuse, overdose and death.

Controlled Medicines include:

- Opioids**, prescribed to help treat pain, such as **codeine** (Tylenol #3, #4), **oxycodone** (Percocet or Oxycontin), **hydrocodone** (Norco or Maxidone), **morphine** (Avinza, Kadian or MS Contin), **methadone**, **hydromorphone** (Dilaudid), **fentanyl** (Duragesic, Actiq, Abstral, Fentora, Subsys, Lazanda, Onsolis, Ionsys, Sublimaze), **oxymorphone** (Opana), **buprenorphine** (Suboxone Buprenex, Butrans), or **tramadol** (Ultram).

You may receive a prescription for **naloxone**, a medication that can reverse the effects in the event of an accidental overdose. This medication has saved many patients from harm or even death due to accidental overdose with opioid medicines. Please share with your family and/or friends when and how to use this medication and where it is kept. In an emergency, they should call 911 for guidance.

- Benzodiazepines**, prescribed to help treat anxiety, insomnia and muscle spasm, such as **diazepam** (Valium), **clonazepam** (Klonopin), **lorazepam** (Ativan), **alprazolam** (Xanax), **temazepam** (Restoril), or **triazolam** (Halcion).
- Sleep aids** prescribed to treat insomnia, such as **zolpidem** (Ambien), **eszopiclone** (Lunesta), or **zaleplon** (Sonata).
- Muscle relaxants** such as **carisoprodol** (Soma).
- Stimulants**, prescribed to treat attention deficit disorders, such as **methylphenidate** (Ritalin, Concerta, Quillivant XR), **dextramphetamine** (Adderall, Dexedrine, ProCentra, Zenzedi), **benzphetamine** (Didrex, Regimex), or **dexamethylphenidate** (Focalin, Focalin XR), or to assist with weight loss such as **phentermine** (Adipex-P, Suprenza, Qsymia).
- Testosterone** (available in a multitude of formulations) prescribed for the treatment of hypogonadism or transgender purposes. Additional consent regarding side effects will be required by the prescribing physician.

Risks of Controlled Medicines may include:

1. **Increased tolerance over time:** You can experience less symptom relief from the medication when used daily for extended periods of time. Developing tolerance to the beneficial effects of a medication does not imply you have also become tolerant to its side effects. Studies show the higher the dose prescribed, the higher the risk of serious side effects, including death.
2. **Withdrawal symptoms:** You can develop withdrawal symptoms if you stop taking the medicine suddenly. Withdrawal from opioids can make you feel like you have a horrible flu with stomach pain, shaking, nausea, diarrhea, anxiety, body aches, and restlessness. Withdrawal from benzodiazepines can make you feel shaky, anxious, or you can have seizures. Withdrawal from stimulants may make you have a headache or feel shaky and depressed.
3. **Addiction:** You can develop addiction, which is when you experience intense cravings for the medicine and use it outside of the boundaries of your doctor's guidance even if it negatively impacts your behavior and mental health.

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- 4. Side effects:** Please read your pharmacy insert carefully and tell your doctor any new symptoms you may develop when starting these medications.

Please tell your doctor if you begin to experience any of the potential risks or side effects noted above.

Please note:

Combining multiple Controlled Medicines together (such as opioids with benzodiazepines or carisoprodol) can be dangerous and needs close monitoring by your regular doctor.

You should not drink alcohol, take sedatives, or street drugs when taking prescribed Controlled Medicines as it may increase your risk of serious illness and even death. Tell your doctor if you are taking supplements, herbs or medicinal marijuana.

In order for your doctor to safely prescribe Controlled Medicines, we require adherence with the following policies:

- 1. Follow through.** To improve your medical condition, you will often need additional medicines and treatments (physical therapy, counseling, other specialists, etc.). **It is important that you follow through with ALL agreements and care plans you make with your doctor.** Together with your doctor an appropriate frequency for follow up visits will also be determined as a requirement for continued prescribing of controlled substances.
- 2. Take the Controlled Medicine as prescribed.** Taking more Controlled Medicines than prescribed by your doctor can lead to overdose and death. Furthermore, if you take extra and thus run out early, you may go into withdrawal. Your doctor will not refill your medicine early if you take more than the amount written in the directions. If you feel you need a different dose, you need to schedule an appointment with your regular doctor. Do not go to Stanford Express Care Clinics or the Emergency Room to request additional Controlled Medicines.
- 3. We participate in California's controlled medicine monitoring program.** For your safety, while in our care, please use one pharmacy for filling all your controlled medicine prescriptions and do not obtain controlled medicines from physicians other than your regular family/primary care doctor or Stanford Pain Clinic doctors. If you do for example receive them from a dentist or the emergency room, you must inform us so that we may consider this in your care plan. We take this very seriously and failure to maintain honest communication about controlled medicine use can result in our decision to stop prescribing controlled medicines.
- 4. Combining alcohol or street drugs with Controlled Medicines is very dangerous.** If you are drinking alcohol or taking street drugs, your doctor will not be able to continue to prescribe Controlled Medicines. It is our standard practice to check urine drug tests from time to time. These results are not shared, except with the providers involved in your care.
- 5. For refills, please call the pharmacy 5 working days (one week) prior to running out of medicine.** Controlled substance refills require time for processing, thus we are not able to refill these prescriptions on demand. We ask that you call in your refill request 5 working days (1 week) ahead of time. Multiple calls to the clinic or in-person demands cannot change this process, so please plan accordingly. Controlled Medicines will not be refilled by the doctor on-call after clinic hours, weekends or holidays.
- 6. Treat your Controlled Medicines as you treat your money.** Just as the bank will not replace lost or stolen money, we will not replace lost or stolen Controlled Medicines. It is your responsibility to keep your medications stored safely, including keeping them out of reach of children and away from teenagers.

