



## Family Health Controlled Substances and Narcotic Policy 2019

In the face of the current opioid epidemic, Gonzaga Family Health has instituted a guideline regarding the prescribing of controlled substances and narcotics for both new and established patients. When it is medically necessary for our doctors to treat you with a controlled substance, we abide by all local, state and federal regulations. For your safety and the safety of our community, our expectation is that you adhere closely to the guidelines.

- All prescriptions for controlled substances require a face-to-face encounter in the office. It is our policy that there will be no refills of controlled substances called-in over the phone or by an after-hours physician when the office is closed. Controlled-substances/narcotic prescriptions require a follow-up appointment ranging from 30-90 days.
- You will be asked to sign a controlled substance contract when your medical condition(s) warrant ongoing treatment with controlled substances. Compliance with your controlled substance contract is not optional. Your refusal to sign and adhere to the contract may result in termination of medication therapy and/or discharge from our practice. You will be asked to submit to a urine test and/or random pill count to ensure compliance and safety of your controlled substance.
- **PAIN MEDICATIONS (Opioids)** Due to new insurance and state regulations, controlled pain medications are to be prescribed for a maximum of 7 days. Including prescriptions that are not new or for chronic pain, your insurance may limit you to a 7-day quantity. Quantities over a 7 day supply will require prior authorization. Patients must be re-evaluated in the office for controlled pain medication beyond 30 days. **NO EXCEPTIONS.**
- **ADHD MEDICATION (stimulants such as Adderall, Vyvanse, Ritalin)** ADD/ADHD testing is required before any family health provider will prescribe stimulants for new patients. In lieu of testing, you must provide documentation of a diagnosis of ADHD in your appointment. You must be seen for a ***face to face visit every 90 days*** before a prescription can be refilled.
- **ANXIETY MEDICATIONS (Benzodiazepines such as Ativan, Xanax, Klonopin)** for the treatment of anxiety disorder, insomnia, must be seen **every month** before a prescription can be refilled. You may also be referred to a behavioral therapist for adjunctive treatment. We discourage the combined use of both opioids and benzodiazepines, as this drug combination greatly increases the risk of an overdose. In



the event that our provider identifies that you are on this combination, he/she will contact the other prescribing provider notifying him or her of the drug combination. In addition, your pharmacist may inform you and/or your prescribing providers regarding this combination.

- **Patients on Suboxone or Methadone for opioid use disorder:** We cannot prescribe any narcotics for patients currently on medication-assisted treatment for opioid use disorder, no exceptions. With your approval, our primary care providers will need to consult your suboxone or methadone prescribing provider regarding safety concerns/relapse risks with any potential drug combinations with other controlled substances.
- As providers, we are required to review a controlled substance report on each patient through “CRISP”, Maryland’s version of the Prescription Drug Monitoring Program, when prescribing a controlled substance. If you are a West Virginia resident, we will also run a WVPDMP.
- New patients who request a controlled substance for acute pain may receive one prescription of pain medication or controlled substance (at the discretion of the physician) after a PDMP report is obtained.
- Our family health providers will not continually refill pain prescriptions. If you require a refill and you are an established patient (for at least one month), you will be referred to a pain management specialist or other specialist related to your condition.
- Our family health providers will not refill any controlled substances for lost or stolen pain medications. Please keep your medications in a locked and secured place out of reach from infants, children, teenagers, other adults, and pets.
- **Pain Management Providers working for Family Health:** A few of the following providers such as Dr. Barrera, Ms. Denise Wilson, Ms. Ashley Chucci also provide care for family health for certain shifts throughout the week. If you are a pain management patient from Gonzaga Interventional Pain Management, please understand that these providers **cannot prescribe any pain medications for you while working on the family medicine service.** For any issues, questions regarding your pain medications, please see one of the pain staff to schedule an appointment to address your concerns.

We appreciate your cooperation and understanding regarding these guidelines.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_