

Pacific Sage LLC Policy Regarding Controlled Substance Prescribing

_____/_____/_____
Patient First Name MI Last Name Date of Birth MM/DD/YYYY

Opioid pain medicines (narcotics), benzodiazepines, other sedatives and tranquilizers, and stimulants have important medical uses but they also stimulate the reward center of the brain which can lead to misuse, substance use problems (including substance use disorders), and other serious consequences. In older adults, the side effects of these medications can be more pronounced and the consequences of those side effects even more severe than in younger individuals. At Pacific Sage LLC, we do our best to closely monitor you, educate you, and advise you to help you take your controlled substances safely.

Prescription Drug Misuse: ANY use of a prescription medication in a different way than the prescriber intended. Examples include:

- Sharing the drug with others
- Selling the drug
- Using the drug to get high
- Using the drug differently than prescribed such as:
 - Taking a bigger dose than prescribed
 - Taking extra doses
 - Taking the drug on a different routine or schedule than prescribed (for example: taking 2 in the morning instead of 1 in the morning and 1 at night)
 - Crushing a long acting pill that is not supposed to be crushed instead of taking it whole
 - Taking the drug a different route than prescribed (for example: taking the drug by rectum or in a vein instead of swallowing it)

Misusing a drug does not mean you have a **drug use problem (drug use disorder)**, but it puts you more at risk for the problem. Your provider at Pacific Sage LLC will often ask you about how you are taking your medicine and will talk to you about ways you can take your medicine to reduce your risk for developing a drug use problem and to use your medicine as safely as possible.

Common reasons that prescription drugs get misused include:

- Pain relief
- Sleep
- Relaxation
- Experimentation
- Financial problems (selling for money)

<p>Risks of opioid misuse include:</p> <ul style="list-style-type: none">• Falls and injuries related to falls• Confusion• Death due to overdose, especially when mixed with other medicines or substances that make you sleepy like alcohol or benzodiazepines• Withdrawal symptoms if stopped quickly after using a long time• Worse quality of sleep	<p>Risks of benzodiazepine misuse:</p> <ul style="list-style-type: none">• Increased risk of opioid overdose	<p>Risks of stimulants misuse:</p> <ul style="list-style-type: none">• Heart problems• Sleep problems• Agitation, paranoia, anxiety• Confusion and hallucinations
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Know your risk of substance use problems. You are more at risk if:

- You have ever had a substance use problem including alcohol, tobacco, or any other substance problem
- Someone in your family has a substance use problem
- You have any mental health problems including depression, anxiety, PTSD, and ADHD

At Pacific Sage LLC, we will partner with you to reduce your risk of having substance use problems and so that you can use controlled substances as safely as possible by:

- using alternative safer treatments and medicines to treat your problems
- prescribing the lowest effective dose to treat your problems
- Seeing you regularly in person
- Prescribing for smaller time-frames than for your regular medicines

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- Giving you specific directions about how to take your medicines
- Actively monitoring your risk by:
 - monitoring your prescriptions and refills with us as well as with other providers,
 - monitoring for misuse of the medicines and intervening as best we can,
 - performing random urine drug testing so that we can monitor for misuse of the medicines and other substances
 - checking in with your caregivers about your use of the medicines and other substances
- Slowly and carefully getting you off the medicines or reducing your use of the medicines if we think you are at risk for harm or injury related to your use of substances

If you at any time think you have a substance use problem and want assistance, we can help you or if you prefer, refer you for help outside of our practice as well.

Our controlled substance(s) contract is as follows:

- Be honest with us about how you are taking your medicines and using substances. If we find inconsistencies with what you say or think is happening and what we observe is actually happening, we will try to work with you (and your caregivers if applicable) to resolve the problem, but if we cannot solve the problem quickly, we will not be able to continue prescribing the controlled substance(s) for you.
- If you are needing early refills (more than once) for any reason whatsoever including that they ended up stolen or missing, we cannot honor your request. We can help you get lockable pill boxes or come up with other solutions to keep your medicine safe and secure, but we cannot provide repeated early refills.
- Do not get extra medicine from another provider. The exception would be that you had a severe injury or new severe problem and needed extra medicine temporarily for the new problem. We can not continue to fill your long-term prescriptions if you are getting the same medicines or types of medicines from other providers.
- We will need to see you in person regularly (at least every 3 months) in order to refill your medicines

Patient's Signature

Date

Authorized Representative Signature

Date

Name

Relationship

