

# HEALTHY LIVING PRIMARY CARE

## CONSENT TO TREATMENT AND/OR DRUG THERAPY

The purpose of this agreement is for you to develop an understanding regarding the risks of taking controlled medications which include, but are not limited to **benzodiazepines, muscle relaxants and other related medications**, and the responsibilities both you and your physician have.

It has been explained to me that I have \_\_\_\_\_ (diagnosis). I understand that I am being prescribed controlled medication to help control my symptoms which **can be harmful if used without medical supervision**. I understand that the use of this medication can cause **addiction, dependence** and, like other medication used in the practice of medicine, produce **adverse effects**.

Common side effects and/or adverse events of **benzodiazepines, muscle relaxers and other related medications** include, but are not limited to, **drug interactions, sedation, confusion, poor memory, increased response time and impaired coordination which may increase the risk of motor vehicle accidents and falls**. If I am over **65** years of age, I may be especially sensitive to these side effects. There is also risk of **reduced breathing at night** (especially at higher doses) particularly in **people with chronic respiratory problems like asthma, COPD, chronic bronchitis or emphysema**. In most situations, benzodiazepines are **not recommended for use beyond 4-6 weeks**.

I HAVE BEEN INFORMED and understand that I will undergo medical tests and examinations both before and during my treatment. Those tests include, but are not limited to, baseline EKG, random unannounced checks for drugs with less than 24-hour notice, and psychological evaluations when deemed necessary. **I hereby give permission to perform the tests. My refusal would lead to termination of treatment.** The presence of unauthorized substances or the absence of authorized medication(s) would result in my being discharged from my physician's care.

I understand that I would be required to come in at least every 2 weeks, or monthly until the optimal dosage is reach. Afterwards, re-evaluation every 3 months, or more frequently, is needed to monitor any responses, side effects or adverse events.

\_\_\_\_\_ It is **unrealistic to expect medications to control all symptoms**. We hope to **manage your symptoms** so that you can **regain function**; that is to allow you to enjoy activities that you participated in prior to the onset of your symptoms. We will continue to ask that you participate in activities that improve your ability to perform daily activities. We may, during your treatment, ask you to exercise, attend classes, or see a specialist of our choosing.

\_\_\_\_\_ If necessary, I agree to see a specialist, such as a psychiatrist to manage my condition or confirm my diagnosis. Then this medication will be managed by the specialist.

\_\_\_\_\_ If requested, I agree to engage in therapy to learn and use behavioral skills to cope with symptoms and plan to reduce the dosage of these medications to minimize risk of side effects and dependence.

\_\_\_\_\_ I am responsible for my controlled medications. I agree to take the medication only as prescribed.

- I understand that increasing my dose without the close supervision of my physician could lead to drug overdose.
- I understand that decreasing or stopping my medication without the close supervision of my physician can lead to withdrawal.

\_\_\_\_\_ I will not request or accept controlled medication from any other physician (including emergency room or urgent care physicians) while I am receiving such medication from my physician/health care provider.

\_\_\_\_\_ It is my responsibility to notify my physician/health care provider of any side effects. I am also responsible for notifying my physician immediately if I need to visit another physician or need to visit an emergency room due to uncontrolled symptoms, or if I become pregnant.

\_\_\_\_\_ To the best of my ability, I will communicate fully with my physician at the initial, and all follow-up visits regarding my symptoms and functional activity along with any side effects of the medications. This information allows my physician to adjust my treatment plan accordingly.

\_\_\_\_\_ I am responsible for my controlled medication prescriptions. I understand that:

- Medication name and dosage and direction: \_\_\_\_\_
- Number of pills per month: \_\_\_\_\_ Frequency of appointments: Every \_\_\_\_\_ months
- Refill prescriptions can be written for a maximum of one-month supply and will be filled at the **same pharmacy**: \_\_\_\_\_ Address: \_\_\_\_\_
- It is my responsibility to schedule appointments for the next medication refill before I leave the clinic or within 3 days of the last clinic visit. **No “walk-in” appointments for medication refills will be granted.**
- It is the patient’s responsibility to keep track of the amount of medication remaining and to schedule appointments appropriately.
- I will be seen on a regular basis and will be given prescriptions for enough medication to last from appointment to appointment.
- Prescriptions will **NOT** be written in advance due to vacations, meetings, or other commitments.
- Medication **will NOT be refilled over the phone**. Refills **will NOT be made if I run out early, nor will they be filled on an emergency basis.**
- If an appointment for a prescription refill is *missed*, another appointment will be made as soon as possible. *Immediate or emergency* appointments will not be granted.
- I am responsible for keeping my medications in a safe and secure place, such as a locked cabinet or safe. I am expected to protect my medications from loss or theft. I am responsible for taking the medication in the dose prescribed and for keeping track of the amount remaining. Refills **will NOT be filled for lost prescription and/or medication**. If my medication is stolen, I will report this to my local police department and obtain a stolen item report. I will then report the stolen medication to my physician. If my medications are lost, misplaced, or stolen, my physician may choose to NOT replace the medications, or to taper and discontinue the medications.
- **You must bring back all medications and adjunctive medications prescribed by your physician in the original containers/bottles at every visit.**

\_\_\_\_\_ **Should your prescription need to be changed to another medication prior to your “due date”, all unused medication must be brought to our office prior to receiving a new prescription.**

\_\_\_\_\_ If it appears to the physician/health care provider that there is no improvement in my daily function or quality of life from the controlled medication, it may be discontinued. I will gradually taper my medication as prescribed by the physician.

\_\_\_\_\_ If drug dependence, tolerance or addiction occurs, I agree to accept **full responsibility** for the risks taken secondary to my consent of taking such controlled medications. Signs of addiction, abuse, or misuse shall prompt the need for substance dependence treatment as well as weaning and detoxification from the controlled medication.

\_\_\_\_\_ If I have a history of alcohol or drug misuse/addiction, I must notify the physician of such history as this would increase the risk for addiction.

\_\_\_\_\_ The use of **alcohol, opioids** (i.e. morphine, hydrocodone, oxycodone, Norco, Percocet), other **sedatives, marijuana/cannabis/CBD, cocaine**, and other **illicit drugs** together with these controlled medications **increases the risk of overdose and death**.

\_\_\_\_\_ The **use of benzodiazepines in combination with opioids is contraindicated**. If you are prescribed with opioid for acute pain, you need to **notify our clinic**.

\_\_\_\_\_ You should **NOT** use any illicit substances, such as **cocaine, heroin, ecstasy, methamphetamine, LSD, PCP, and others**, while taking these medications. This would result in a change to your treatment plan, including safe discontinuation of your controlled medications when applicable, or complete termination of the doctor/patient relationship.

\_\_\_\_\_ I agree and understand that my physician reserves the right to perform **random or unannounced** urine drug testing. If requested to provide a urine sample, I agree to cooperate. If I decide not to provide a urine sample, I understand that my doctor may change my treatment plan, including safe discontinuation of my controlled medications when applicable or complete termination of the doctor/patient relationship. The **presence of a non-prescribed drug (s) or illicit drug (s) in the urine will be grounds for termination of the doctor/patient relationship**. Urine drug testing is not forensic testing but is done for my benefit as a diagnostic tool and in accordance with legal and regulatory materials on the use

