

Address:

913 W Canfield Ave  
Coeur d'Alene, Idaho 83815

Phone: 1-208-957-7808

Fax: 1-949-695-2456



## Controlled Substances Contract

I agree to the following and I accept that failure to abide by this contract will result in discontinuation of prescribed medication:

- The goal is to use the lowest dose that is both safe and effective. If, despite the medication, my condition is not improved or gets worse, or if the medication causes significant side effects or harms, then the medication will be changed, weaned or discontinued by my clinician.
- I will be open to participate in other treatments that my clinician recommends
- I will take my medications exactly as prescribed and will not change the medication dosage or schedule without my clinician's approval.
- I will keep all regular appointments. ***I will contact Mind And Body Restored 24 hours in advance if i need to reschedule or a no show fee will be charged.***
- One clinician. All controlled drugs must be prescribed by a single clinician at Mind and Body Restored or by their covering partner. I will not obtain medications from other clinicians or pharmacies unless I am hospitalized. I will tell any hospital or emergency room clinicians that I receive medically assisted treatment from my Mind And Body Restored's clinician. If I am given a prescription for pain medication or any other controlled substance, I will notify my Mind and Body Restored clinician as soon as I am able.
- One pharmacy. I will designate one pharmacy where all my prescriptions will be filled. I am responsible for prescriptions being filled on time. I understand that prescriptions will not be sent by mail or faxed but will be electronically prescribed.
- I understand that lost or stolen prescriptions will not be replaced. ***I will not request early refills.***
- I agree to abstain from excessive alcohol use and all illegal and recreational drug use and will provide urine, saliva or blood at the clinician's request to monitor compliance.
- I understand that my health information, including information about my medication usage, may be exchanged with other health care practitioners and pharmacists to assist in my treatment. My Mind And Body Restored's clinician may contact the prescriber of any controlled substance that I have taken.
- I understand that clinic staff (nurses, receptionists, lab staff, etc.) are very important in my success with this treatment plan. ***I will treat them respectfully and abide by their decisions regarding my care and the enforcement of this agreement.***
- I agree to be weaned from medications that increase opioid risks, including sedatives.

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## Medication Consent Agreement

The following information relates to the use of Opioid medications or any medication prescribed that have opioid-like effects and risks, including medications like Suboxone. The following risks of treatment are presented to inform you when deciding whether to accept medication. All possible risks of therapy are not included in this document. Ask your clinician if additional risks might apply to you.

- Opioids are pain-relieving medications used to treat moderate to severe pain. These medications can have side effects as well as serious negative physiological and psychological effects. The risks of complications and side effects increase when used with other prescription and non-prescription medications.
- All opioids are associated with significant risks. Use of opioids, especially if dosages are high, can lead to unintentional overdose and/or premature death. Patients taking opioids chronically have a modest increased mortality rate compared to the general population. The reasons for this are unclear but the risk is known to increase as the dose of opioid increases. Death from overdose, even unintentional overdose, is possible.
- Opiates can cause Physical and Psychological Dependence: The central nervous system can create physiological and psychological adaptations due to chronic exposure to a substance. If the medications are reduced or withdrawn, symptoms may be experienced such as fear of increased pain, anxiety, increased perception of pain, abdominal pain, nausea, vomiting, headache, diarrhea, increased heart rate and/or blood pressure, insomnia, agitation, sweating, and tremors. Abrupt reduction or discontinuation of opioids requires medical supervision.
- Opiates can cause Addiction: Addiction is the compulsive use of a drug despite physical or psychological harm caused by long-lasting chemical changes in the brain. Addiction is more likely in patients who have been addicted to other drugs, have family members with addiction, or who have certain psychological disorders. Opioid addiction is characterized by the use of opioids to satisfy a craving or use of opioids despite potential harm. Patients on Suboxone for treatment of opioid addiction will still be dependent and possibly addicted to their medication.
- Opiates can cause Opioid Tolerance: The need for an increased dosage of a drug over time to produce the same level of relief. Tolerance should be avoided by using a low to moderate dose of opioid.

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- Long-term opioid use can cause physiological changes that are sometimes very difficult to identify or quantify since they may have multiple potential causes. The following are some known reported side effects that occur without patients even being aware:
  - Opioid Induced Immune Modulation: Reduction in the body's natural defenses against illness caused by chronic opioid use.
  - Opioid Induced Hormone Changes: Long-term use of opioids may lower levels of hormones including estrogen, testosterone, and cortisol, which can affect the ability of your body to function normally. Sleep dysfunction, fatigue, weakness, irritability, depression, cognition, etc. may be a result of these hormone changes.
  - Opioid Induced Abnormal Pain Sensitivity: The use of chronic opioids paradoxically may increase rather than decrease the sensation of pain.
  - Opioid Induced Memory Difficulties and /or Confusion: All opioids may cause sedation, confusion, memory loss which will affect your ability to function. Driving or operation of machinery may become hazardous due to these effects.
- Other more common, less harmful side effects of opioids include constipation, sedation, sweating, sleep disturbance, drying of saliva causing tooth and gum disease, impaired sexual performance, fatigue, nausea, memory impairment and worsening of depression.
- Many medications, especially opioids, can interfere with the ability to drive, perform intricate tasks, and make important decisions. This is especially true when starting or increasing the dose. It is essential to refrain from driving and other dangerous or important tasks while starting or adjusting opioids. All opioids carry this risk, including those used in treating opioid addiction.
- Patients must be aware that they could be charged with driving under the influence DUI at any time for driving when using opioids.
- Other medications such as anti-anxiety medications (i.e. Valium, Ativan, Zanax, Klonopin), sleeping aids (i.e. Ambien, Restoril) and muscle relaxants (SOMA, Flexeril) to name a few can cause an increased risk of side effects including sedation, confusion, lethargy, garble speech, slow breathing, and even death. If you are ever prescribed these medications by another physician, you MUST inform and discuss with your physician prior to taking them.
- Many medications, including opioids, may harm a developing fetus. Female patients of childbearing age who are sexually active must use an effective form of birth control. If you think you may be pregnant, request a pregnancy test from your doctor before using opioids. In the event of pregnancy, your prescriber should be notified immediately.
- Controlled Substances such as opioids may cause serious injury and death to children, pets and others. Opioids must be kept in a safe place, protected from theft and accidental ingestion.

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