

Controlled Substance Agreement

I understand that controlled prescriptions are monitored and regulated by state agencies and agree to:

1. **No sharing, no early refills.** I will not over-use or share the medicine and understand that it cannot be refilled early even if the pills are lost.
2. **Only receive and change controlled prescriptions at scheduled visits.** I will keep regular visits and understand that I can only receive refills for controlled prescriptions at these visits. In rare cases when I am unable to keep an office visit I will provide one week notice for refills of controlled substances. If I think I need to increase or change a controlled prescription, I will schedule an office visit rather than trying to make changes on my own [recommend adding your policy on frequency of office vs. telehealth visits for controlled substances; the DEA's final ruling on this was pending at the time of this writing]
3. **Urine drug screens.** [Optional. If you use random urine drug screens in your practice, state your policy here]
4. **Do not obtain from other providers.** I will not fill prescriptions from other providers for the same category of controlled substance without alerting my current provider first (unless it is part of a hospital stay). [For benzodiazepines, recommend adding "If taking a benzodiazepine, I will not fill prescriptions for opioid pain medications without notifying my provider. I understand that combining benzodiazepines with alcohol or opioids is a common cause of death."]
5. **Refill limitations.** I understand that [enter state policies on refill limitations, eg no more than 90 day supply of stimulants or 6 months for other controlled substances].
6. **Pharmacy regulations.** The pharmacy requires that the person picking up the medicine show a government-issued photo ID (you can designate someone else to pick up the prescription).
7. **Drug screens and out-of-state pharmacies.** Controlled substances will show up on urine drug screens. Some states may not honor out-of-state prescriptions for controlled substances.

Examples of Controlled Substances

Benzodiazepines: alprazolam (Xanax), clordiazepoxide (Librium), clonazepam (Klonopin), clobazam (Onfi), clorazepate (Tranxene), diazepam (Valium), estazolam (ProSom), flurazepam (Dalmane), lorazepam (Ativan), midazolam (Versed), oxazepam (Serax), quazepam (Doral), temazepam (Restoril).

Stimulants: methylphenidate (Ritalin, Concerta, Methylin, Metadate, Aptensio, Adhansia, QuilliChew, Quillivant, Cotempla, Daytrana, Jornay, Azstarys), dexamethylphenidate (Focalin), amphetamines (Adderall, Adzenys, Dyanavel, Mydayis, Evekeo), dextroamphetamine (Dexedrine, Xelstryl, Zenzedi, Vyvanse).

Sleep Medicines: eszopiclone (Lunesta), zaleplon (Sonata), zolpidem (Ambien, Edluar, Intermezzo); daridorexant (Quviviq), lemborexant (Dayvigo), suvorexant (Belsomra)

Opioids: buprenorphine, codeine, hydrocodone, hydromorphone, fentanyl, meperidine, morphine, tramadol, oxycodone, oxycontin.

Other: modafinil (Provigil, Nuvigil), pregabalin (Lyrica), dronabinol (Marinol), gamma hydroxybutyric acid (Xyrem), barbiturates.

Signature

Date