

Dr. Fongod's Policy Regarding the Use of Narcotic and Sedative-Hypnotic Medicines

Dear Patient:

Because of the potential harm associated with excessive use of these medicines (i.e., they are addictive, have many potential side effects, and cause many deaths per year – please read the drug information sheet carefully), I have established a policy regarding their use. These medicines include:

- Narcotics, e.g., hydrocodone/ acetaminophen (Norco) or Tylenol III with codeine
- Sedative-Hypnotics, e.g., alprazolam (Xanax), lorazepam (Ativan), diazepam (Valium)

The policy is as follows:

No more than 20-30 pills will be prescribed for the first month, and beyond that, no more than thirty (30) pills will be prescribed every three months. Those who are currently taking any of these medicines more frequently than this will have three (3) months either to reduce their frequency of use or find other options (see below). If frequent, long-term use is required, then you will be referred to a specialist.

I fully understand that there are many people who feel they cannot function without taking these medications more frequently. Some patients have to rely on narcotics short-term simply to be able to function. But the key phrase is “short-term.” That is how they are supposed to be used, and they are not FDA-approved or safe for long-term use. In most pain management cases, a faithful physical therapy regimen is both essential and effective.

Obviously I am in my profession to help my patients feel better, but I must also do what is best for them in the long run. Other options we must consider to help provide you with care include:

1. Home or formal physical therapy
2. Psychotherapy (“CBT” or cognitive-behavioral therapy)/counseling
3. Anti-inflammatory or other pain medicines that are non-narcotic, or anti-anxiety medicines that are not sedative-hypnotics
4. Referral to a specialist (pain management, psychologist, psychiatrist or other physician)

Do not let others know you are taking this medicine, nor ever share it; and keep it hidden away, separate from your other medicines. Many a patient has had prescriptions “stolen” after someone visits them. Do not seek these medicines from more than one physician. Due to the controlled nature and other potential problems associated with the use of this medicine, you will only be given one “emergency refill” for lost or stolen medicines. Please care for your prescription accordingly.

By signing below, I attest that I understand and agree to the above.

_____/_____
Patient/Guardian Signature Date Witness Signature Date