

PATIENT NAME: _____

Benefits and Risks of Treating with Opioids (Narcotic medications)

What are opioids?

Opioids are medicines that are used for pain control. They are similar to morphine. Because of risks for abuse associated with these medicines, laws control how these medicines are used.

What are the benefits of opioids?

- You may have less pain.
- You may be able to be more active physically.
- Your emotional health may improve.

The long term use of such substances as opioids (narcotic analgesics) is controversial because of uncertainty regarding the extent to which they provide long-term benefit. There is also the risk of an addictive disorder developing or of relapse occurring in a person with prior addiction. The extent of this risk is not certain.

What are the possible side effects and risks of opioids?

- The most dangerous side effect of opioids is that they may cause your breathing to slow down. This slowing of your breathing increases the risk that your breathing and heart could stop. *It is very dangerous to drink alcohol or use sleeping pills, illegal drugs, or pain medicines that your provider did not prescribe while you are taking our prescribed medicine as these further increases the risk that your breathing and heart could stop.*
- The medicine may make you very sleepy.
- You may have nausea and vomiting.
- You may lose your appetite.
- You may become constipated.
- You may feel itchy.
- You may have an allergic reaction that causes shortness of breath, wheezing and a rash.
- Your brain will become dependent on the pain medicine (Physical Dependence). This means you will have symptoms of withdrawal if you suddenly stop taking it. Some symptoms of withdrawal are nausea, vomiting, runny nose, "Goose Flesh" and sweating. These are not life-threatening.
- You may become addicted to the medicine (Psychological dependence) and it may become hard to control how often you take it or how much you take.
- The medicine may not work as well over time (Tolerance).
- You may have more pain.
- If you have depression, it may get worse.
- You may gain weight.
- You may lose sexual desire and have trouble getting aroused.
- You may become infertile.
- Your immune system may become weaker and less able to fight infection. Wounds might take longer to heal.
- You may have trouble thinking.
- Your judgment may be impaired. This can cause you to make poor decisions.
- It may be unsafe to drive or use machinery.
- It may cause dry mouth and advanced tooth decay.

AGREEMENT FOR USE OF NARCOTIC AND OTHER CONTROLLED MEDICATIONS

Controlled substances can be dangerous. If they are not used carefully, one can become addicted to them or overdose on them. Because of these dangers, it is important to understand the rules for using these medicines. This document describes RMA's policy for prescribing these medicines and what the patient's role is to keep safe and get the best results if controlled substances are used.

I have checked (✓) each box to acknowledge my agreement:

- The risks, side effects, and benefits of my controlled substance medicines have been explained to me.
- I understand that the medicines must help me function better. If my activity level or general function get worse, my provider will change or stop the medicines.
- I understand medicines are only part of an effective treatment plan for me. I will also participate in other treatments that my provider recommends, such as physical therapy, behavioral health, or exercise.
- I will take my controlled substance medicines only the way my provider tells me to. I will not change how I take these medicines without first talking to my provider.
- I will keep my controlled substance medicines in a safe place AND away from children.
- I will get my controlled substance medicines only from my provider at Rehabilitation Medicine Associates.
- I will request refills of my controlled substance medicines only during regular business hours. I understand that 2 business days notice is required for medication refills and will not expect refill requests made on a Friday to be filled before the following Monday.
- I will get my prescriptions filled only at one pharmacy.
- I will not get controlled substances from other clinics or Emergency Rooms. If I get controlled substances from another provider for other reasons I will tell my provider here immediately.
- I will tell my other health care provider(s) I see that I am taking controlled substance medicines.
- I will make follow up appointments as directed and will not miss appointments. If I am not able to attend a visit, I will notify RMA at least 24 hours prior to the appointment for this not to be considered a "no show".
- I will not ask for extra or early refills if I run out early for any reason, or if my controlled substance medicines are lost or stolen.
- I will not abuse (drink too much) alcohol, use illegal drugs, marijuana, or any controlled substances my provider did not prescribe for me.
- I will not share, sell, or trade my controlled substance medicines with anyone.
- I will allow my urine or blood to be checked to see what drugs I am taking at any time.
- I agree to bring my medicines to my doctor's visit if my provider asks me to.
- I agree not to drive or operate any motorized vehicle or motorized equipment if I am impaired by these medications.
- I understand that if there is reason to believe I have engaged in illegal activity, my provider may notify the proper authorities.
- I agree that my provider may contact other health care providers or pharmacists involved in my care to discuss my progress and share information about this agreement.
- I understand that if I do not follow this agreement I may no longer receive controlled substance medicines.

If an RMA Physician chooses to discontinue your opioids, they will generally lower that dose slowly over several days. If they feel that you have a dependence problem, they may choose to refer you elsewhere for management of that dependency.

(Signature of patient)

(Date)

(Signature of witness)

(Date)