



PRESTONWOOD
HEALTH

CONTROLLED SUBSTANCES POLICY AND CONTRACT

The use of controlled substances – including benzodiazepines and psychostimulants – are indicated in the treatment of some psychiatric conditions. Controlled substances are medications that are more strongly regulated by regulatory authorities due to a potential risk for misuse, abuse, and/or dependence.

To ensure that controlled substances are used appropriately, Prestonwood Health has the following policies in place for patients who receive controlled substances from their provider:

- In accordance with state law, your provider will review your Prescription Monitoring Program (PMP) report prior to the prescription of any controlled substance. This report lists all controlled substances that have been dispensed to you by an outpatient pharmacy in the state of Texas and many other states.
- Prescriptions for controlled substances will not exceed a 30-day quantity per prescription. Early refills for controlled substances will not be provided under any circumstances. If clinically necessary, your provider will refer you to a hospital or emergency department for withdrawal symptoms stemming from not receiving early refills.
- You agree to immediately inform your psychiatric provider of any ongoing substance use, including tobacco use, nicotine use, alcohol use, and any other substance use. This includes use of substances that you do not consider to be problematic or “abuse.”
- Patients receiving prescriptions for controlled substances may be asked to provide urine drug screens during the course of their treatment. You agree, when instructed to do so by your provider, to obtain a urine drug screen at the lab of your choice within 48 hours of receiving that request from your provider. This testing may incur additional out-of-pocket costs, depending on your insurance coverage.
- All controlled substances for the treatment of psychiatric conditions must be prescribed **only** by Prestonwood Health providers. You agree not to fill prescriptions provided to you by other medical providers for medications prescribed by your Prestonwood Health provider unless given explicit authorization to do so.

- You agree not to provide controlled substances prescribed to you to any other person for any other reason. **Providing controlled substances to another person is a violation of federal law.**
- You agree to inform your Prestonwood Health provider if you are using prescribed controlled substances in any way that is different than the instructions included on your prescription.
- You agree to safely store controlled substances so that no one but yourself – including children, spouses, family members, and/or friends – has access to them. This may, if necessary, include securing medications in a safe or lock box.
- You agree to allow your Prestonwood Health provider to communicate with any provider that is also prescribing controlled substances to you about the use of controlled substances in your treatment.

Prestonwood Health has additional policies regarding prescription of psychostimulants (“stimulants”). These medications include amphetamine salts (Adderall), methylphenidate (Ritalin, Concerta), and lisdexamfetamine (Vyvanse), among others, and are commonly used in the treatment of attention-deficit/hyperactivity disorder (ADHD) and other psychiatric conditions. While these medications have evidence to support their use in the treatment of these conditions, they can also cause a variety of negative side effects and have the potential to be abused. To ensure that we prescribe stimulants safely, the following policies also apply to the use of any stimulants in your care:

- Stimulants will only be prescribed for FDA-approved indications. Prestonwood Health will not prescribe any stimulants for off-label uses.
- For patients with a new diagnosis of ADHD, non-stimulant medications will be utilized before stimulants. Formal neuropsychological testing may be necessary **before** stimulants are prescribed.
- **Stimulants will not be prescribed at your first visit if there is no documented history of a current, or recent, history of stimulant prescription.** Your provider will verify any recent stimulant prescriptions using the Prescription Monitoring Program database.
- Stimulants will only be prescribed within FDA-recommended dose limits. **These limits will not be exceeded under any circumstances.**

Violating these policies may result in forced tapering or discontinuation, as clinically appropriate, of any controlled substances prescribed by your Prestonwood Health provider. Repeated violation of these policies may result in immediate discharge from the Prestonwood Health practice.

By signing below, I confirm that I have reviewed the above policy, understand its content, and agree to its terms.

Signature

Printed Name

Date