

## Medication Programs

**Medication may play a part in your treatment.** Treatment can include physical or massage therapy, lifestyle modification, therapeutic injections, implantable technologies, orthotics and bracing as well as medication to improve your overall function.

**Medication programs** are designed to help you improve and maintain **function, work capacity and quality of life.**

**Medication serves to mask or cover-up your pain but does not change your underlying problem or promote healing.** In fact, **over medication** may fool you into thinking that you are capable of activities that you are not and result in further injury.

**No medication will provide complete pain relief.** For this reason, **our goal is to achieve 50-70% pain relief** with reasonable functioning.



## Possible Issues

- **Script errors:** If you discover an error with your prescription, please call our office medication line at (203) 624-4208 and press 8 to leave a detailed voicemail so we can investigate and correct any errors.
- **Medication not in stock at pharmacy:** You will need to wait until the medication is available at your pharmacy. Consider switching to Hancock Pharmacy, which is rarely out of stock.
- **Prior authorization needed:** Please ask your pharmacy to manually fax the prior authorization request/rejection to our office and we will process it ASAP. If the Prior Auth is urgent, please call our office to verify receipt and to inform us of the urgent nature.
- **Lost or stolen medication:** We do not replace lost or stolen medication. If you are concerned you will have withdrawals, we can call in clonidine medication to help.
- **We do not fill medications early:** Pay attention to the “Good Until” date. If you believe you need a refill of a non-controlled medication in between appointments, please call our medication line. Controlled medications cannot be refilled outside of scheduled office visits.



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## Narcotic Medication Programs



### Guidelines for maintaining a safe and effective medication program

**Pain management is a *process*.**  
**Your treatment is tailored to your special needs.**

This brochure will discuss narcotic or opiate medications and your responsibilities with regard to them. It is to be used as a guide, but it does not replace your Opiate Consent document.

**ADVANCED DIAGNOSTIC  
PAIN TREATMENT CENTERS**

# What are Opioids?



Narcotics or *opioids* are potent medications related to morphine that are used to treat pain and its related symptoms. Narcotics have the potential for misuse and addiction and are thus, carefully controlled.

**Addiction** is both the **loss of control** with regard to the use of the substance and the use of the substance in spite of the **harm** that it causes. Alcoholism and tobacco use are good examples of addiction.

**There are strict state and federal guidelines regarding the prescribing and use of opiate medications.**

There are both positive and negative aspects to narcotics. Your doctor has carefully considered the risks and benefits of opiates in your treatment. Our commitment and responsibility to you is to provide adequate monitoring of the use of these medications to ensure your safety and the safety of the community at large.

# Use Guidelines

- **Take your medication exactly as directed.** It is NOT OK to take more than the prescribed dose.
- **Pay attention to the “Good Until” date on your prescription.** Your medication needs to last through this date no matter when you filled the prescription.
- **Substances such as alcohol, cocaine and marijuana interact with many of the prescribed medications we use to treat pain leading to potential serious side effects including death and impairment of judgment and coordination.** You must refrain from these substances while participating in a medication program.
- **Do not share your medication.** Do not accept medication that is not prescribed to you or offer your medication to others.
- **Safeguard your medication.** Remember that these are potential drugs of abuse. We recommend keeping them in a locked secure place.
- **Use judgment when driving, operating power equipment or engaging in potentially hazardous activity.** If you feel impaired do not participate.
- **Pregnancy!** Please alert us if you are planning to become pregnant or if you are pregnant. Some medications may be harmful to your developing child.
- **Taper off** medications to avoid adverse effects.
- **If you experience side effects:**
  - For **nausea**, take an over-the-counter Dramamine as labeled.
  - For **constipation**, take Miralax and add 30 ml of milk of magnesia twice a day until you have a bowel movement.
  - Please call our office if you are experiencing other side effects.

# Policies

- **You must bring your medication in the labeled pharmacy vial to every office visit:** You will not receive your monthly prescriptions if you don't bring your medications with you.
- **Drug Screens:** We analyze your urine for the medications that we prescribe to you as well as other common medications used in Pain Management and for drugs of abuse. This helps us to make sure that you are taking your medication and avoiding other potentially harmful substances.
- **Medication changes take place at office visits after discussion with your provider.** Narcotics cannot be changed outside of an office visit. Your condition, need for continued treatment, use of medication, side effects and function are just a few things that need to be reviewed and documented at these visits.
- **Plan on bringing unused narcotics to your visit for witnessed disposal and destruction.** This is important when you change medication before completing the prior prescription. Bring the leftover medication with you to your visit.
- **Your pain doctor is your primary doctor for narcotic prescribing. It is illegal to “shop for narcotics” from multiple providers.** You agreed to this when you signed your Opiate Consent document. There are few circumstances when you can accept a narcotic prescription from another doctor: to treat immediate emergencies and to treat post-operative pain. You must inform us of these prescriptions as soon as possible by e-mail or phone during business hours.
- **Designate and use only one pharmacy for narcotics and do not fill partial prescriptions for narcotics.** Once you accept a partial prescription for a narcotic, the remainder of your prescription becomes void. The pharmacy cannot legally fill the balance for you. This will create a discrepancy between the pills you have and the pills we think that you should have. If this occurs, you will need to return with your prescription vial for reconciliation.

**To ensure patient safety, medications must be brought in the labeled pharmacy vial to every visit. Patients who do not bring their medications will not receive their monthly prescriptions.**