

Your Pain Management Physician has decided that pain medications may help control your pain and improve social and work activities. In order for pain management treatment to be ongoing there are rules that need to be followed.

_____ I will keep follow up appointments as scheduled. Failure to keep appointments with Southern Michigan Pain Consultants, PC Behavioral Health providers, Physical Therapy providers, or addictionologists will result in any pain medication prescription not being refilled and possible discharge from Southern Michigan Pain Consultants, PC.

_____ I will get all prescription pain medications through Southern Michigan Pain Consultants, PC. If serious conditions occur that require additional short-term medication for pain control (dental work, surgery), I will inform the provider (dentist, doctor) that I am receiving pain medications from Southern Michigan Pain Consultants, PC. I will notify Southern Michigan Pain Consultants, PC that I am taking medications from another provider and for how long. I will not receive ongoing refills for pain medications from any other provider.

_____ I am expected to actively work to eliminate or reduce my opiate use.

_____ Patients on opiate medications may not use benzodiazepines including but not limited to alprazolam (Xanax) clonazepam (Klonopin) diazepam (Valium) lorazepam (Ativan) etc or carisoprodol (Soma).

_____ I will have all prescription pain medication filled by one pharmacy, this includes any additional pain medications issued by another provider. I will use _____ pharmacy.

_____ I understand that it is a felony to share, sell, misdirect or give away my medications. I will bring in unused medication if requested. I understand that it is a felony to alter my prescription in any way.

_____ I will be responsible for the secure storage of my medications at all times. If my medications are stolen, I will report this to the police and Southern Michigan Pain Consultants, PC and will provide a police report.

_____ I understand that there will be NO early refills of prescription pain medication or replacement of prescriptions that are lost or stolen. Prescription refills are based upon keeping scheduled appointments. I understand that I may be required to provide my medications for a pill count with 24 hours notice.

_____ I will notify Southern Michigan Pain Consultants, PC at least two full business days prior to needing a prescription refill. I understand that changes in medication doses will be done at scheduled office appointments, not over the phone. I understand that all prescriptions are issued for a 28 day supply (four weeks) and my prescriptions will be due on the same weekday every month.

_____ I will not use any illegal (street) drugs or alcohol while I am taking prescription pain medication. This includes but is not limited to marijuana.

_____ I will use my prescription pain medications only as prescribed. If I feel that the medication is not working at the prescribed dose, I will continue to use as directed until I can get an appointment to discuss my concerns.

_____ I understand that drowsiness may occur when starting prescription pain medication, or when increasing the dosage. I agree to refrain from driving a motor vehicle or operating dangerous machinery until such drowsiness disappears. Opioids may cause drowsiness that can be worsened with alcohol, benzodiazepines, and other sedating medications. Use care when driving or operating machinery.

_____ I will consent to periodic random drug screening (urine and/or blood). I understand that these charges may be my responsibility if not covered by my insurance.

_____ I agree that Southern Michigan Pain Consultants, PC has the authority to discuss my pain management with other health care professionals, this includes information regarding my prescription medications or results from any test that we have ordered.

By signing this contract, I am acknowledging that I have read and reviewed with a health care professional, both the Patient's Pain Management Agreement and the Pain Management Education. I fully understand the above terms; they are binding and will be enforced.

Patient Signature

Witness Signature

Use of Opioids for Chronic Pain

*The CDC (Center for Disease Control) and State of Michigan recently added new opioid (pain) medication guidelines. These guidelines help to increase patient safety for all patients taking opioid (pain) medication. Our office is working hard to make sure that our patients are informed about all of their pain management treatments, so that you can have an active role in determining the best and safest treatment options. The purpose of this document is to provide our patients with education about important issues and potential concerns that you should be aware of when on long-term opioid treatment. **Please review this information and ask our staff any questions that you may have.***

Pain relief is an important goal for your care. Opioid medication may be a helpful part of chronic pain treatment. Patients and health care providers both have responsibilities for the safe use of opioid medications when they are prescribed for pain.

Unfortunately, opioids may not be the best answer:

Research has shown that long-term use of opioid drugs, particularly at high doses, is often not the best treatment. Although opioids do help some people especially at the beginning, better relief is usually available elsewhere. Other treatment options which may be prescribed for you may include injection therapy, physical therapy, and behavioral modification therapy. At Michigan Pain Consultants, we take this comprehensive approach to pain management.

Potential Risks or side effects of Opioid Treatment:

***Physical side effects-** may include mood changes, drowsiness, nausea, constipation, urination difficulties, depressed breathing, itching, bone thinning and sexual difficulties, such as lowering of male hormone in men and cessation of menstrual cycles in women.

***Physical Dependence-**sudden stopping of an opioid may lead to withdrawal symptoms including abdominal cramping, pain, diarrhea, sweating, anxiety, and irritability and aching.

***Tolerance-** a dose of an opioid may become less effective over time even though there is no change in your physical condition. If this happens repeatedly, your medication may need to be changed or discontinued.

***Addiction-** Is more common in people with personal or family history of addiction, but can occur in anyone. It is suggested by drug craving, loss of control and poor outcomes of use.

***Hyperalgesia-**Increased sensitivity to and/or increasing experience of pain caused by the use of opioids may require change of discontinuation of medication.

***Overdose-** Taking more than the prescribed amount of medication or using with alcohol or other drugs can cause you to stop breathing resulting in coma, brain damage or even death. Patients with chronic pain who use opioid analgesics along with benzodiazepines (Ativan, Valium, Restoril, Xanax, etc.) and/or alcohol are at higher risk for fatal/nonfatal overdose and medication complications. Benzodiazepines are also associated with a greater risk of depression and suicide. Having a prescription for benzodiazepines doubles a patient's risk for auto accident, and increases the risk for other accidents, like falls. Opioids can suppress your body's drive to breathe. This is what causes overdose deaths, especially when added to alcohol or other drugs

***Sexual problems:** Opioids are known to affect hormone production from sex glands- leading to less desire and poor sexual performance, breast enlargement in men, tiredness and depression.

***Risks to unborn child:** Risks to unborn children may include: physical dependence at birth, possible alterations in pain perception, and possible increased risk for development of addiction. Tell your provider if you are or intend to become pregnant.

***Addiction:** Psychologically or physically dependent on medication. Persons with addictive behaviors may exhibit: compulsive use and preoccupation with the drug, have inability to control quantity used, crave the psychic (burst of chemicals in the brain which cause intense pleasure) effects of the drug, and continue use despite the adverse effects from the drug.

Better Ways to Relieve Chronic Pain

Other treatments have been shown to work well and are less dangerous- so more likely to help you deal with your pain and still have a good quality of life.

Understanding how pain affects your mind and body, learning new skills, other medications, other kinds of treatment can all be helpful. Our pain programs and specialists work to teach you how to relieve discomfort in a way that does not need to include opioids. While they are not a quick fix they will help you feel more in control of your pain. Combining several methods, and having a team behind you often works best.