

## PAIN MEDICATION AGREEMENT

### Opioid pain medications can have significant side effects

- Common (5% or greater frequency): constipation, itching, nausea and vomiting, dizziness, headache, sedation, peripheral edema, rash, sweating, abdominal pain, diarrhea, loss of appetite, dry mouth, backache, insomnia, anxiety, depression, fever, paresthesias
- Serious (Less than 5% frequency): respiratory depression, cardiac arrest, shock, fainting, allergic reaction, confusion
- Long-term use: possible hormonal changes, possible increased pain
- Addiction in susceptible individuals ( a personal history or family history of substance abuse or other forms of abuse places you at risk for substance abuse)

Because of these potential side effects and because prescription opioid pain medication abuse has increased substantially over the past decade, it is incumbent upon physicians to monitor use of these medications and other controlled substances closely. Before consideration can be give to providing you with pain medication\* prescriptions, there must be reasonable evidence that you have a pain condition warranting pain medication. To continue to receive pain medication, there must be reasonable evidence of benefit to you, most importantly, improvement in function.

Pain is a complex condition, not well understood, that is not simply a state of medication deficiency. In other words, pain medication required for your treatment will be one part of a larger treatment plan, and it is expected that you:

- Pursue the other treatment options agreed upon
- Develop a healthy lifestyle such as better eating habits, regular exercise, and good social contacts
- Adequately address issues such as depression, anxiety, or sleep disturbance if present

### Pain medications are likely to be withdrawn if not managed safely and responsibly:

- Prescriptions must be obtained from one physician only and one pharmacy only, except under emergency situations
- Changes in dosing must be discussed with the prescribing physician beforehand, except under emergency situations
- Pain medications must be taken in the manner and for the purpose prescribed
- Pain medication must not be taken with alcohol or illicit drugs
- Pain medications must not be shared, given, or sold to others
- Pain medications must be kept in a safe place, preferably locked
- Changes in your non-pain medications must be reported to this office

### To assist in monitoring your use of pain medications

- Regular appointments are to be kept every month unless specified otherwise
- Random urine or serum toxicology screens will be obtained
- Diagnostic and treatment details of your condition may be discussed with pharmacists, other professionals who provide your health care, and with legal authorities

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Signature of patient

\_\_\_\_\_  
date

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Signature of physician

\*the term pain medication will refer to opioid pain medications (eg, morphine) and to other pain related medications (eg, valium, flexeril, clonidine)