

## Controlled Substances Policy

Controlled substances include but are not limited to:

**Narcotics** (hydrocodone, norco, vicoden, vicoprofen, tramadol, etc.)

**Stimulants** (most types of ADD/ADHD meds, certain weight loss medications, etc.)

**Benzodiazepines** (Xanax, klonopin, valium, etc.)

**Hypnotics** (ambien, Lunesta, etc.)

**Hormones** (testosterone or hormone replacement, etc.)

The following policy remains enforced due to concern for the safety of our patients, the countrywide worsening of the abuse of controlled substances, and more stringent recommendations, demands, and repercussions from the Texas Medical Board. In general, Evangelion Medical will not provide ongoing narcotics.

Our offices will not refill narcotics without an office visit. However, an office visit does not guarantee that a refill will be given. If the patient cannot comply with this policy, we will be happy to try and refer to an appropriate specialist. However, we cannot guarantee the patient will receive an appointment.

In addition, no controlled substances whatsoever will be refilled or given without an initial visit addressing the specific problem. There must also be a follow-up appointment at least every 3 months. Additionally, certain insurance companies require that patients on controlled substances must have a face-to-face nurse appointment every month. Any controlled substance prescription given without an appointment incurs a \$20.00 patient fee. No exceptions will be made. Follow up appointments should be made at the time of the patient's current appointment to avoid problems.

In addition, refills of narcotics will generally be limited to 30 days of medication per prescription. Other controlled substances possibly may be written for 90 days per prescription, per the provider's discretion, if the patient has a proven history of compliance and prior insurance approval.

All patients taking controlled narcotics, stimulants, benzodiazepines, or requesting to start such medications, will be lab tested for compliance on periodic visits in which a refill is requested or at the provider's request. We reserve the right to test at random prior to prescription refills. If a patient is discovered using any illegal substances (marijuana, cocaine, heroin, and other illegal substances) while being treated with a controlled medication it will result in the termination of controlled substance prescriptions and is grounds for potential dismissal from the practice.

Patients who have been referred to or who already see a specialist or any other physician who prescribe specific controlled substances will not be prescribed those medications by this office. This includes pain doctors, orthopedists, or psychiatrists.

If a patient who is seeing a specialist or another physician chooses to stop that relationship or is dismissed by that practice, it will be the patient's responsibility to find another provider from whom he/she can continue care.

Any patient non-compliant with this policy will no longer be issued these drugs and may be dismissed from the practice immediately if dishonestly is displayed.

We apologize for inconveniences that result from this policy. It does not necessarily represent issues with our specific practice and valued patients but a change in standard of care and increased demands for monitoring of these potentially dangerous drugs.

Sincerely,

P. Douglas Cochran, MD and the Evangelion Medical Team.

*(Updated May 17, 2023)*