

YOUR PAIN CARE PLAN AGREEMENT

Opioids alone are not enough to treat your pain and are part of a pain care plan that uses other things to manage pain and improve your quality of life, such as:

- Heat and cold therapy (heating pads, ice packs)
- Stretching
- Exercise
- Weight loss
- Massage
- Acupuncture
- Chiropractic
- Nerve stimulation
- Relaxation training
- Physical therapy
- Occupational therapy
- Mental health therapy
- Cognitive behavioral therapy
- Counseling
- Rehabilitation
- Non-opioid pain medicines
- Injections
- Specialist pain care
- Surgical therapy
- Pain school or classes

Any one of these can help to reduce pain, but they may work better together.

I agree to the following:

- I agree to try as many of the pain management ideas listed above as I possibly can.
- I am responsible for my medicines. I agree to keep my medication in a safe and secure place. I will not share, sell, or trade my medicine.
- I will take my medications exactly as prescribed and will not change the medication dosage or schedule without my clinician's approval. I will not increase my medicine until I speak with my medical provider.
- I will keep all appointments set up by my doctor (e.g., primary care, physical therapy, mental health, substance abuse treatment, pain management, etc.).
- I will notify my provider of any remaining pain medication, e.g. pills if any, at each clinic visit.
- I agree to inform the doctor of all side effects I have from this medication.
- I agree that the opioids will be prescribed by only one doctor or clinic.
- I agree to fill my prescriptions at only one pharmacy.
- I agree not to take any pain medication or mind-altering medication by any other physician without first discussing it with this clinic's doctor.
- I give permission for the doctor to verify that I am not seeing other doctors for opioid medication or going to other pharmacies.
- I agree not to take anyone else's medicine, drink alcohol, take mood-altering drugs, muscle relaxers, tranquilizers, sedatives, or sleeping agents without the permission of a pain-prescribing provider in this clinic.
- While I am taking opioid analgesic medication. I agree to submit a urine specimen at any time that my doctor requests, and I give my permission for the urine specimen to be tested for alcohol and drugs.
- I agree that I will attend all required follow-up visits with the doctor to monitor this

medication and I understand that failure to do so will result in discontinuation of this treatment.

I have been told that:

1. Allergic reactions to opioids are rare. If you get a rash or hives call your provider right away, or call 911. If you become short of breath, have throat swelling, or feel like you may pass out, tell someone to call 911 right away.
2. Constipation is a common side effect. If this happens, take over the counter laxative medications to soften your stool and to promote daily bowel movements.
3. Itching is rare. It usually occurs early in treatment. Your provider may need to change your opioids and order medicine to treat itching.
4. Nausea and vomiting can occur early or late in treatment. This usually goes away in time. Your provider may need to give you medicines to help control nausea. Try lowering your dose of narcotics, the amount taken at one time, to help control any nausea.
5. Opioids may cause or worsen sleep apnea (abnormal breathing pauses during sleep). This is serious. Notify your provider if you snore, awaken short of breath or with heightened mental stress, or if you are having difficulty staying asleep.
6. Opioids can impair your judgment and cause problems with how you make decisions. Sleepiness may lessen over time.
7. Caffeine and energy drinks may help you feel more awake during the day, but could also affect your ability to fall or stay asleep - so please be mindful.
8. Mental confusion, bad dreams, or hallucinations may occur. Your provider may need to change your dose or medicine to treat these side effects.
9. Opioids may affect loss of erection in men, sex drive, sexual arousal, depression, anxiety, tiredness, hot flushes, and night sweats. It can also cause loss of muscle mass, weakness, brittle bones (osteoporosis), and bone fractures. Women may have irregular or no menstrual periods.
10. Use effective birth control methods to prevent pregnancy during opioid treatment. Tell your provider if you are pregnant or plan to become pregnant. Opioids may harm your baby if you take opioids while you are pregnant.
11. DO be cautious about driving or operating machinery. If the medication causes drowsiness, sedation, or dizziness, you must not drive a motor vehicle or operate machinery that could put your life or someone else's life in jeopardy.
12. If I need to stop this medicine, I must do it slowly or I may get very sick.
13. If I am pregnant or become pregnant while taking these opioid medications, my child would be physically dependent on the opioids and withdrawal can be life-threatening for a baby.
14. Bullying, rude, obnoxious, or loud behavior inside or outside of this clinic is cause for immediate termination of the doctor-patient relationship.
15. Overdose on this medication may cause death by stopping my breathing; this can be reversed by emergency medical personnel if they know I have taken narcotic pain-killers. It is suggested that I wear a medical alert bracelet or necklace that contains this information.
16. With long-term opioid therapy you may need a higher dose of opioid to get the same pain relief, resulting in an increase in the likelihood of many of the other side effects and risks. For some people, opioids may make pain worse.

17. Some—not all—patients become addicted to opioids. If I or anyone in my family has a history of drug or alcohol problems, there is a higher chance of addiction. Addiction means there is a craving for a substance and the craving gets out of control. If you show any signs of addiction, your provider is likely to refer you to an addiction specialist or a substance use treatment program.
18. Taking opioids long-term may result in infections or immune-related illnesses.
19. Rarely, some of the side effects listed above can lead to death or permanent disability.
20. State laws may determine what kinds of jobs you can do when you are taking opioids. You may not operate heavy machinery or drive a truck or public vehicle like a bus.

Refills

Refills will be made only during regular office hours, and only by appointment, unless arranged for ahead of time during a prior visit. I must call at least three (3) to seven (7) working days ahead (M-F) to ask for a refill appointment. Walk in appointments are not allowed unless approved for ahead of time telephonically by a nurse or receptionist. **No exceptions will be made.**

I must keep track of my medications. Lost, stolen, or damaged medication will not be replaced. No early or emergency refills may be made.

Termination of Agreement

If I break any of the rules of this agreement, or if my doctor decides that this medicine is hurting me more than helping me, this medicine may be stopped by my doctor in a safe way.

I have talked about this agreement with my doctor and I understand the above rules.

Provider Responsibilities

As your doctor, I agree to perform regular checks to see how well the medicine is working.

I agree to provide medical care for you within the scope of my practice, even if you are no longer getting controlled medicines from me.

Patient's signature

Date

Attending Physician's signature

This document has been discussed with and signed by the physician and patient.