



CIIC Agreement - Non Opiate 2025

CONTROLLED SUBSTANCE CONTRACT FOR BENZODIAZEPINES OR STIMULANTS

Medications for Anxiety or ADHD *

Medications for Anxiety or ADHD

WHY AN AGREEMENT IS NECESSARY

The medication we are prescribing has the potential to provide benefit, but it also can do harm to you or others. Misuse of medications is becoming a large problem in our community. We are doing our part to ensure that our prescriptions are taken as directed. We also want to protect you and inform you concerning the uses and abuses of this medication.

THE BENEFITS AND RISKS OF STIMULANT TREATMENT

Stimulants, such as Adderall, Vyvanse, Ritalin, Concerta, or Dexedrine, provide temporary relief from ADHD symptoms. They can allow you to perform tasks, attend classes, or take care of yourself more easily and with fewer issues. No medication can ever completely relieve all the symptoms of ADHD; treatment is designed to reduce the negative impact these symptoms have on your life. What are the risks of stimulant treatment? Stimulants can produce physical dependence with prolonged use. If you suddenly stop taking this medication you may be tired, feel forgetful, have difficulty organizing tasks, have trouble with focus and concentration, or feel foggy-headed. Basically, all the symptoms you had previous to treatment will return. Side effects of stimulant treatment may include constipation, increase or decrease in sexual interest and performance, weight loss, changes to sleep, frequent urination, increase in anxiety, irritability, agitation, or in some cases mania. If you overuse your medication or use illegal drugs such as meth, cocaine or other stimulants in addition to your prescribed stimulant you could have a heart attack, stroke or seizure. As with any medication, there is the possibility of a severe allergic reaction. You can minimize your risks by attending your appointments, following up as requested, and using your medication exactly as discussed with your provider.

Some people are at risk of abusing these medications and may feel compelled to take them for their pleasurable effect. Therefore we are obliged to provide safeguards to protect you from these potential risks.

THE BENEFITS AND RISKS OF BENZODIAZEPINE TREATMENT

Benzodiazepines, also called benzos, can provide temporary relief from anxiety or panic attacks. They can allow you



to perform activities that you might otherwise find limiting due to intense anxiety, fall asleep more easily, or tolerate intensely stressful situations like the death of a family member. What are the risks of benzodiazepine treatment? Benzodiazepines such as Klonopin, Ativan, Xanax, or Valium can produce physical dependence with regular use. Side effects of taking benzodiazepines seriously impair your long-term memory, make you forgetful, impair your balance, cause sleepiness, impair your ability to drive or operate machinery, make you breathless, cause you to breathe shallowly, or cause you to be depressed. If you suddenly stop taking them you could have seizures, stop sleeping, and have flu-like symptoms in addition to a sharp spike in anxiety symptoms. If you overuse this medication you may be tired, feel dazed, have trouble with focus and concentration, or feel foggy-headed. If you overuse your medication or use illegal drugs such as opiates, fentanyl, drink alcohol, or other sedating substances you could overdose, stop breathing, or die. As with any medication, there is the possibility of a severe allergic reaction. You can minimize your risks by attending your appointments, following up as requested, and using your medication exactly as discussed with your provider.

Some people are at risk of abusing these medications and may feel compelled to take them for their pleasurable effect. Therefore we are obliged to provide safeguards to protect you from these potential risks.

SAFEGUARDS AGAINST MISUSE

Our clinic has the following policy for all patients taking controlled substances; we may not prescribe these medications without first:

Obtaining all pertinent medical records

Obtaining a urine drug screening (UDS)

Reviewing your medical condition and past history

Having a signed agreement between a clinician and yourself outlining the expectations of both parties.

WHAT CAN I EXPECT FROM THE CLINIC?

Our clinic agrees to provide you with appropriate doses of medication in a timely fashion and on an ongoing basis as long as there are no contraindications or concerns. You will be treated respectfully and professionally. If a taper is necessary, it will be discussed with you and completed in a cautious manner.

WHAT WILL THE CLINIC EXPECT FROM ME?



The clinic expects all patients will agree to the following:

Agree to have only one prescriber and use only one pharmacy.

Notify my provider if I need to change pharmacies.

Bring your pill bottles to every in-person clinic visit and have pill bottles available during all telehealth visits.

Attend in person visits when requested.

Agree to read the risks and benefits information given to me by my provider.

Agree to ask questions or request clarification of the information.

Have a valid phone number available to our staff.

Complete a Urine Drug Screen (UDS) within 24 hours when requested.

Agree to random urine drug screenings and random pill counts.

Agree to follow up with your PCP, cardiologist, neurologist, or other specialist if your provider requests it.

Agree to attempt non-pharmacologic treatment should your provider feel that would be appropriate.

Allow open communication between this clinic and other providers concerning the use of these medications by signing a Release of Information (ROI) and a Release of Records (ROR).

Advise other treatment providers of the medication you are taking and to inform this clinic of any healthcare emergencies requiring pain or anxiety treatment within 72 hours via patient portal message.

Agree to treat our staff respectfully and courteously.

Sign a behavioral standards agreement.

SUGGESTIONS FOR SAFE HANDLING AND STORAGE



These medications can be dangerous if combined with other sedating substances. These medications are sought after by drug abusers. Therefore, we ask that you follow these suggestions to provide safety for you and your medications:

Keep all medicines in a safe, preferably locked container, out of sight and out of the reach of children.

Never share these medicines with others.

Never take other people's pain medications.

Do not use any illegal drugs or drink alcohol.

Be aware that these medications may affect your judgment and driving skills particularly when your dose is increasing.

REFILL POLICY

Refill prescriptions will only be written at a clinic visit. Therefore refills will not take place outside of office hours or by any on-call providers.

All dosage changes will occur only during visits with your provider.

Early refills will not be approved.

Lost medications may not be refilled early.

Stolen medications may only be replaced once a calendar year with a police or TSA report. The report must be presented by the patient in pdf or hard copy prior to refill.

WHAT ARE THE CONSEQUENCES OF NOT FOLLOWING THIS AGREEMENT?

Your clinician has agreed to provide you with these medications as long as deemed necessary but also has the obligation to protect you and the community from abuse of these substances. In the event of suspected misuse, your provider may insist on a referral to a specialist in the assessment and treatment of drug dependency, and may immediately discontinue prescribing or start a taper. Lack of improvement in function or failure to achieve adequate symptoms remission may result in a change of medication or a controlled taper.



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This agreement was created from recommended controlled substance contract templates through Care Oregon.

By signing below, I am agreeing to abide by the conditions of this agreement.

CIIC Non-Opiate DATE SIGNED: *

PATIENT SIGNATURE *
