



UNIVERSITY PLACE
— **TMS CLINIC** —
& GENERAL PSYCHIATRY

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Controlled Substance Contract.

This contract outlines the policies and agreements between, and patients who are prescribed controlled substances or sleeping aids. The aim of this contract is to ensure safe and responsible access to these medications and to protect the ability of the nurse practitioner to prescribe them.

The use of controlled substances, such as opioids, benzodiazepines, stimulants, and barbiturate sedatives, may pose risks, including the development of addiction or relapse. For this reason, strict rules are necessary when prescribing these drugs.

By signing this contract, the patient agrees to the following policies:

1. Psychiatric controlled substances must come from the nurse practitioner or a designated cover prescriber.
2. The patient must inform the nurse practitioner of any current or past substance abuse or any substance abuse by immediate family members.
3. The patient must obtain controlled substances from the same pharmacy and inform all providers if a change is needed.
4. The patient must inform the nurse practitioner of new medications or medical conditions and any adverse effects.
5. The nurse practitioner has permission to discuss treatment details with other healthcare professionals.
6. The patient must not allow others to have access to these medications.
7. The patient must not change or tamper with written prescriptions.
8. The patient must take medications as prescribed and not exceed the maximum dose.
9. The patient must not stop medications abruptly.
10. The patient wishes to stop medications they must inform the provider.
11. The patient must cooperate with urine or serum toxicology screens as requested and understand the nurse practitioner will check the Washington State Prescription Monitoring Program database.

12. Unauthorized substances in urine or unexplained controlled substances in the database may result in medication tapering or cessation and referral for substance abuse assessment or discharge from the practice.
13. The patient must keep medications out of reach of children or vulnerable adults.
14. Lost, damaged, or stolen medications will not be replaced and may result in discharge from the practice if the patient requests an early refill twice in a year.
15. Medications may be sent to the pharmacy early for out-of-town trips, with instructions not to fill in before the appropriate date.
16. Confidentiality may be waived if the legal authorities have questions about the patient's treatment.
17. Failure to adhere to these policies may result in cessation of therapy or referral for further assessment.
18. The patient must keep scheduled appointments and be responsible for scheduling follow-up appointments in time for a refill.
19. No refills will be given outside of office hours.
20. Continued prescription is contingent on the nurse practitioner's belief that the medication is beneficial for the patient.
21. Benzodiazepines and sleep aids are typically appropriate for short-term use.
22. The patient has been informed of the risks and benefits of these therapies.
23. The patient affirms that they have read, understand, and accept all terms of this agreement.

Acknowledgement.

By signing this contract, the patient agrees to comply with these policies and understands that failure to do so may result in cessation of therapy.

Client Name.....

Signature:**Date**.....

Print Name: (Guardian Name other than the patient]

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Relationship:

Signature:**Date**.....