



Lower Lights

Christian Health Center

Controlled Substance Medications

Welcome to Lower Lights Christian Health Center!

We are a primary care health center and we evaluate and treat a large range of conditions. We perform a comprehensive assessment of all patients before deciding to continue or change prescription medications. Many medications commonly used to treat chronic pain and anxiety are highly regulated (called “controlled-substance prescriptions”) and providers must follow specific regulations to be able to prescribe these medications safely because these medications pose additional risks to your health and to the community if prescribed incorrectly or not taken as recommended. Common control-substance medications include:

Opioid Pain Medications, including:

- Codeine products such as Tylenol #3 and #4
- Hydrocodone products such as Vicodin, Lortab, and Norco
- Oxycodone products such as Percocet, Roxicet, Tylox, and OxyContin
- Morphine products such as Roxanol, Kadian, and MSContin
- Methadone and fentanyl/Durgesic, among others
- Tramadol

Anxiety and Insomnia Medications, including:

- Benzodiazepines such as diazepam (Valium), lorazepam (Ativan), alprazolam (Xanax), clonazepam (Klonopin); also Ambien, Zolpidem, Restoril, among others

ADHD Medications, including:

- Ritalin and Adderall

If you have a history of requiring controlled-substance prescriptions, our health center team will perform an assessment of your case to determine if it is in your best interest and safe to continue to prescribe these medications before writing any prescriptions for these medications.

Before our providers will consider prescribing these medications, we will review your history, physical exam, medical records, pharmacy records, and test results. To expedite your evaluation, you must provide your medical and pharmacy records from previous providers.

Because controlled-substance medications are highly regulated, all providers have access to state records of controlled-substance prescriptions filled. Sometimes we need to verify record details by talking with your pharmacist. Please provide the name and phone number of your pharmacy.

In order to help you obtain records from your previous doctors, we will provide you a Release of Information form to have your medical records sent to our office for review.

It is your responsibility to sign the release of records form.

Before you are eligible to receive any controlled-substance medications, our medical record must contain:

1. Medical records from your previous physicians documenting previous test and consults performed to evaluate the condition that is being treated with a controlled-substance medication.
2. Medical records from the physician who previously prescribed the controlled-substance medications.
3. Name and phone number of the pharmacy where you have most recently filled these prescriptions.
4. Results of laboratory tests as your physician deems appropriate for the type of medications you are taking.
5. If asked by your new provider, you must bring your most recent prescription bottles, including remaining pills or patches to your next health center appointment.
6. You must agree to the terms and conditions that allow our providers to safely prescribe these medications and monitor for side effects and complications by reading and signing the Controlled-Substance Medication Management Agreement.

You will not likely be prescribed controlled substances on the first several visits to the health center or as you see new providers at the health center, because our providers will need time to review records and test results and perform an assessment of your case. After the assessment is complete, our providers will determine whether it is in your best interest and is safe to prescribe scheduled medications. There is no guarantee that you will receive these medications.

We value your health and look forward to a productive doctor-patient relationship.

The LLCHC Provider Team