



## Informed Consent

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Opioid is the medical name for a substance used to treat moderate to severe pain. Like all medications, opioids have potential to help people and / or cause harm. The purpose of this consent is to outline the overall benefits and potential harms so that together with your practitioner you can determine whether an opioid is suitable for you at this time. Not everyone will benefit from an opioid. In those who do, pain relief is generally modest. A 30% or greater reduction in pain is a meaningful effect. The possible side effects are the same for all the opioids, but different people react to each opioid individually. What might work well for you with few side effects may not work for the next person. Most side effects are worse when the medication is first started and can be effectively managed. Some side effects are more problematic with higher doses and longer-term use.

### **Using Controlled Medications to Treat Pain:**

- Opioids are used to treat moderate-to-severe pain of any type.
- Opioids are best understood as potentially effective tools that can help reduce pain, improve function, and improve quality of life.
- Using these medications requires both the provider and patient work together in a responsible way to ensure the best outcome, lowest side effects, and least complications.

### **How Do Opioids work?**

- Opioid medications work at the injury site, the spinal cord, and the brain.
- They dampen pain, but do not treat the underlying injury.
- They may help to prevent acute pain from becoming persistent chronic pain.
- These medications may work differently on different people because of many factors.
- Side effects and complications will also individually vary.

### **What to Expect When You Take Controlled Medications for Pain and Related Conditions:**

- Pain relief.
- Reduction of anxiety and stress caused by pain.
- Side effects.

### **What Should Not Be Expected from Treatment with Controlled Medications:**

- Cure of the underlying injury.
- Total elimination of pain, anxiety, and stress.
- Loss of ability to feel other physical pain.

### **Opioid Side effects:**

There are side effects with opioid therapy, which may include, but not exclusively, skin rash, constipation, sexual dysfunction, sleeping abnormalities, sweating, edema, sedation, or the possibility of impaired cognitive (mental status) and/or motor ability. Overuse of opioids can cause decreased respiration (breathing).

\_\_\_\_\_ It is my responsibility to notify my physician/health care provider for any side effects that continue or are severe (i.e., sedation, confusion). I am also responsible for notifying my pain provider immediately if I need to visit another provider or need to visit an emergency room due to pain, or if I become pregnant.

Opioid medications may cause a physical dependency marked by abstinence syndrome when they are stopped abruptly. If these medications are stopped or rapidly decreased, the patient may experience chills, goose bumps, profuse sweating, increased pain, irritability, anxiety, agitation, and diarrhea. The medicines will not cause these symptoms if taken as prescribed and any decision to stop these medications should be done under the supervision of your physician in a slow downward taper.



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### **Tolerance:**

This means that over time the body becomes “use to” the medication and it feels less effective. The dose of the opioid may have to be adjusted to a dose that produces benefit and a realistic decrease of your pain yet does not have intolerable side effects. Sometimes this is not possible, and the opioid will have to be stopped and/or alternate therapy explored.

\_\_\_\_\_ I am aware that drowsiness or clouded thinking may make it dangerous for me to drive or operate heavy machinery. Alcohol or other medications that also cause drowsiness may worsen this effect.

\_\_\_\_\_ I agree not to drive or operate heavy machinery or sign legal documents while my practitioner is starting me on these new medications, significantly increasing my dose, or if I feel in any way impaired from this therapy at other times.

\_\_\_\_\_ I understand the use of alcohol and opioids together is potentially dangerous. I have been advised not do this.

### **Misuse of medications:**

Addiction: This is a psychological condition of use of a substance despite self- harm. Between six and ten percent of the population of the United States have problems with substance abuse and addiction. Controlled medications are likely to activate addictive behavior in this group of people. It is a disease that occurs in some individuals. Like becoming overweight does not necessarily mean you will become diabetic, taking opioids does not necessarily cause addiction, however, if you have risk factors for addiction (such as a strong family history of drug or alcohol abuse) or have had problems with drugs or alcohol in the past you must notify your practitioner since using opioids will put you at greater risk. The extent of this risk is not certain.

\_\_\_\_\_ I have notified my practitioner of any personal or family history of drug or alcohol abuse.

### **Diversion:**

It is illegal to share your controlled medications with other people. It is illegal to provide false information to a prescriber to obtain controlled medication. It is illegal to doctor shop or visit multiple doctors in attempt to obtain controlled medications. Federal and state laws exist to address diversion problems. It is critical that you safeguard your controlled medications and use them only as prescribed by your provider.

### **Driving:**

Studies of patients with chronic pain demonstrate improved driving skills when taking certain controlled medications, I however may have problems driving and need to realistically assess their own skills, as well as listen to others who drive with them to determine if they should be driving while taking these medications. You should consult the State Department of Transportation if you have questions about driving and taking your medication.

### **Common Sense Rules for Using Controlled Medications:**

- Follow your provider’s recommendations.
- Do not take more pills than prescribed without discussing this first with your provider and receiving permission to do so.
- Do not share medications with family or friends.
- Do not take medications from family or friends.
- Any medication you are prescribed may need to be tapered to stop. Please discuss with your provider before abruptly stopping any medications.
- Do not sell medications.



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- Do not take medications in any manner other than prescribed. For example, do not chew, snort, or inject your medications.
- Keep all medications out of reach of children and pets.
- Do not leave your prescriptions or controlled medications lying around unprotected for others to steal and abuse them.
- Do not operate a motor vehicle if you feel mentally impaired using controlled medications. You are responsible for exhibiting good judgment in your daily affairs, including your use of controlled medications and operating motor vehicles or heavy equipment or tools.

Continued Use of Controlled Medication is based on your provider's judgment and a determination of whether the benefits to you of using controlled medications outweigh the risks of using them. Your provider may discontinue treating you at his or her discretion.

Your provider may require a consultation with an addiction specialist. Your provider may require more frequent visits.

We believe in treating your pain and we recognize the value of controlled medications in this process. When used properly, controlled medications can help restore comfort, function, and quality of life. However, as stated above, controlled medications may also have serious side effects and are highly controlled because of their potential for misuse and abuse. It is important to work with your provider and communicate openly and honestly with them about your pain. By doing so, medications can be used safely and successfully.

By your signature below, you are acknowledging that you have read and reviewed this agreement with your provider and that you have sufficient information to decide to use the controlled medications prescribed.

You should NOT sign this form if you do not believe you have enough information to make an informed decision about your use of controlled medications and how they fit in to your pain management treatment plan.

Patient Name : \_\_\_\_\_

Date : \_\_\_\_\_

Patient Signature : \_\_\_\_\_

Date : \_\_\_\_\_

Provider Signature : \_\_\_\_\_

Date: \_\_\_\_\_