



Victory Physicians Family Medicine

Sedative Hypnotic Therapy Rules and Regulations (Ambien, Lunesta, Sonata, Rozerum, Chloral Hydrate)

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- 1) Patients will use their same name whenever filling sedative hypnotic prescriptions.
 - 2) Patients will attempt to use the same pharmacy for filling sedative hypnotic prescriptions whenever possible.
 - 3) Patients will get sedative hypnotic prescriptions only from Victory Physicians with the extraordinary exception of breakthrough insomnia during “after hours” resulting in an ER visit.
 - 4) The maximum amount of medication that will be dispensed is one month, but may be less depending on circumstances and is at the discretion of the doctor.
 - 5) Immediate Care Patients are required to see their Primary Care Doctor following an Immediate Care visit at Victory Physicians before another refill of sedative hypnotics can be granted, and this is at the discretion of our physician.
 - 6) Immediate Care Patients must provide proof of ongoing sedative hypnotic therapy by providing a bottle, old RX and/or signing a release of authorization so that their RX can be verified with their doctor.
 - 7) All patients being treated with sedative hypnotics must sign and initial the Sedative Hypnotic Therapy Rules and Regulations as well as the Sedative Hypnotic Information Sheet indicating their understanding of and agreement with guidelines.
 - 8) Patients must understand and accept the risk of addiction with any prescriptions for sedative hypnotics.
 - 9) Patients must disclose to the physician prior to receiving prescription for sedative hypnotics, any history of mental illness, dementia, memory loss, Alzheimer’s, alcoholism, drug abuse or addiction, vision problems, illiteracy, or difficulty following instructions.
 - 10) Patients are never permitted to increase the dose or dosing frequency of sedative hypnotics without seeing the physician in person and receiving permission.
 - 11) Patients must notify the physician immediately for any side effects or adverse drug reactions to sedative hypnotic therapy and stop the drug(s) immediately. If the physician is not available, you are directed to the ER for evaluation.
 - 12) A patient can request termination of sedative hypnotic therapy at any time. If the patient goes through withdrawal, medicines may be prescribed to assist in detoxification or specialty consultation requested.
 - 13) Patients can request dosage increases or decreases in person only and is at the discretion of the physician.

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- 14) Patients must maintain constant vigilance for the possibility of presentation of a progressive medical condition being potentially obscured by sedative hypnotic therapy and should seek help immediately if in doubt.
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- 15) Patients must never drive, operate machinery or partake in any activity that requires judgment and/or coordination while being treated with sedative hypnotics.
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- 16) Patients that are pregnant or may be pregnant must understand that sedative hypnotics adversely affect the fetus and from the family medicine perspective, are contraindicated. Specialty consultation with OB/GYN will be obtained.
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- 17) If you are post partum and breast feeding, understand that many sedative hypnotics are not safe in breast milk and you must notify the doctor if you are lactating.
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- 18) The patient is entirely responsible for the security of their medicines. They must be kept under lock and key and out of reach of children or other risky contacts. The doctor WILL NOT FILL LOST medicine prescriptions until the next interval visit. Exceptions are very rare and at the discretion of our physician.
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- 19) No early refills are permitted. If you accept 30 days worth of medicine, you agree to that dose for the next 30 days. No escalation of dose will be permitted until the next interval visit. Should you wish to decrease the dose, please notify the physician.
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- 20) Never, never, never, drink alcohol on the same day as taking sedative hypnotics. Never use illicit substances with sedative hypnotics. **Stagger doses** of other prescription medications like muscle relaxants or narcotics or benzodiazepines to avoid the dangerous additive effects such as respiratory depression.
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Initial
- 21) I understand that should my conduct with these medicines result in harm to myself or others, and Victory Physicians and staff are held liable in any way, Victory Physicians and its staff fully intend to hold me and/or my estate liable for all damages and attorney fees of an equal or greater amount. Furthermore, any contacts who aided and abetted or withheld or failed to get to us information that might have allowed us to interdict harm will also be held to the fullest extent possible.

My signature below indicates I have read, understand, agree with, and agree to comply with Frank Arian, M.D., A California Professional Corporation dba Victory Physicians' Sedative Hypnotic Therapy Rules and Regulations and that I was advised of the risks and benefits of, and alternatives to Sedative Hypnotic Therapy and that I wish to proceed. I have received a copy of this for my future reference.

Patient's Name

Signature

Date