



Victory Physicians Family Medicine

Benzodiazepine Therapy Rules and Regulations (Xanax, Ativan, Valium, Klonopin, Restoril, Halcion)

- _____
Initial
- _____
Initial
- _____
Initial
- _____
Initial
- _____
Initial
- _____
Initial
- _____
Initial
- _____
Initial
- _____
Initial
- _____
Initial
- _____
Initial
- _____
Initial
- 1) Patients will use their same name whenever filling benzodiazepine prescriptions.
 - 2) Patients will attempt to use the same pharmacy for filling benzodiazepine prescriptions whenever possible.
 - 3) Patients will get benzodiazepine prescriptions only from Victory Physicians with the extraordinary exception of breakthrough anxiety 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 benzodiazepines can be granted, and this is at the discretion of our physician.
 - 6) Immediate Care Patients must provide proof of ongoing benzodiazepine 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 benzodiazepines must sign and initial the Benzodiazepine Therapy Rules and Regulations as well as the Benzodiazepine Information Sheet indicating their understanding of and agreement with guidelines.
 - 8) Patients must understand and accept the risk of addiction with any prescriptions for benzodiazepines.
 - 9) Patients must disclose to the physician prior to receiving prescription for benzodiazepines, 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 benzodiazepines 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 benzodiazepine 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 benzodiazepine therapy at any time. If the patient goes through withdrawal, medicines may be prescribed to assist in detoxification or specialty consultation requested.

- _____
Initial
- 13) Patients can request dosage increases or decreases in person only and is at the discretion of the physician.
- _____
Initial
- 14) Patients must maintain constant vigilance for the possibility of presentation of a progressive medical condition being potentially obscured by benzodiazepine therapy and should seek help immediately if in doubt.
- _____
Initial
- 15) Patients must never drive, operate machinery or partake in any activity that requires judgment and/or coordination while being treated with benzodiazepines.
- _____
Initial
- 16) Patients that are pregnant or may be pregnant must understand that benzodiazepines adversely affect the fetus and from the family medicine perspective, are contraindicated. Specialty consultation with OB/GYN will be obtained.
- _____
Initial
- 17) If you are post partum and breast feeding, understand that many benzodiazepines are not safe in breast milk and you must notify the doctor if you are lactating.
- _____
Initial
- 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.
- _____
Initial
- 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.
- _____
Initial
- 20) Never, never, never drink alcohol on the same day with benzodiazepines like Ativan, Xanax or Valium nor take any illicit substances. Stagger doses of other prescription medications like muscle relaxants or narcotics or sedative hypnotics by 2 hours to avoid the dangerous additive effects especially on respiratory depression.
- _____
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 liable for all damages and attorney fees of an equal or greater amount.

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' Benzodiazepine Therapy Rules and Regulations and that I was advised of the risks and benefits of, and alternatives to benzodiazepine therapy and that I wish to proceed. I have received a copy of this for my future reference.

Patient's Name

Signature

Date