

Palliative Medicine

Controlled Medicine Agreement

We look forward to partnering with you and your care providers at the Stanford Health Care to improve your quality of life. We understand that uncontrolled symptoms, such as pain, anxiety, insomnia, and fatigue can be debilitating and can directly impact your ability to function at your best.

Controlled medications include medications for pain, sleep, fatigue, or anxiety. When used as prescribed, these medications can be effective tools to keep pain and other symptoms at a minimum. The intended purpose of these medications is to improve your ability to function.

When controlled medications are prescribed, you and your health care provider enter a special partnership. You should expect reasonable care to be taken in the prescribing of these medications, as well as all other medications for you. You can also expect a timely response to questions and concerns that you raise. You are expected to handle your medications responsibly and safely.

The following guidelines have been established:

- Protect your prescriptions and medication from being lost or stolen.
- To best manage your symptoms, we will need to see you during regularly scheduled office visits.
- Do not increase the frequency or dose of your medication unless directed to do so by your provider. If your pain or other symptoms worsen, call for advice.
- Bring the original pharmacy containers of all medications prescribed to each appointment, even if the containers are empty. This helps maintain an accurate record of your medication use.
- Keep track of your medication supply.
- Bring your medication administration journals (“pain diary”) to each visit.
- Ensure that you schedule your follow-up appointments with your provider prior to running out of controlled medications.
- Keep your regularly scheduled appointments as controlled medications will be renewed only at scheduled visits. A 30-day supply is the maximum supply allowed by federal law.
- If you must change your plans, call as soon as possible before your appointment to reschedule.
- Opioid prescription refills will not be given over the telephone, available for pick up, nor mailed.

If you are experiencing uncontrolled symptoms, such as pain, after hours, please call your primary specialist. We have included additional contact information below:

- Stanford Health Care Cancer Center Palo Alto: 650-498-6000
- Stanford Health Care Cancer Center South Bay: 408-426-4900
- Stanford Health Care Outpatient Center Emeryville: 510-806-2100

