

# SAFE PAIN MEDICINE PRESCRIBING

**WE CARE ABOUT YOU.** Our goal is to treat your medical conditions, including pain, effectively and safely. Pain relief treatment can be complicated. Mistakes or misuse of pain medicine can cause serious health problems to include ***addiction and death.***

**FOR YOUR SAFETY** we routinely follow these rules when helping you with your pain.

- **We look for and treat the underlying disease causing the symptom of pain.** Sometimes that is a self-limiting injury, a terminal illness, permanent disability or a psychological disorder.
- **We treat first or concurrently with non-medication modalities whenever possible to minimize your exposure to narcotic medications.** These modalities may include physical treatments (physical therapy, massage, TENS unit, heat or cold therapy, exercise, etc.); behavioral approaches; or procedural therapies (injections by a pain specialist, surgery, etc.).
- **If a pain prescription is necessary, we will start with anti-inflammatory medications or other non-narcotics first.** Alternatively, localized pain patches or roll-on medications may be tried instead of medications by mouth.
- **If narcotic pain prescriptions are needed for pain, we will ONLY give you a limited amount at the lowest dose possible to achieve reasonable pain control.** Absolute pain control at all times is not an appropriate or achievable target.
- **In the rare circumstance where long-term use of narcotic medication is necessary you will be asked to engage in a monitoring contract to ensure safe use of your medication.** This contract will require your active adherence to guidelines to limit the possibility of addictive behavior or misuse of your medications.
- **If you demonstrate characteristics of addiction, we will work with you to seek help in stopping the narcotics.**
- **We follow similar guidelines for other medications that are high risk for addiction.** These medications include sleeping pills, anti-anxiety medications or mood stabilizing medications, muscle relaxants, etc.
- **Concomitant use of sleeping pills, anti-anxiety or certain classes of mood stabilizing medications and narcotics can lead to a high risk of overdose.** For your safety, your physician may refuse to start or continue these medications in combination.

## Peninsula Primary Care

is a founding partner in the Monterey County Prescribe Safe Initiative. The Monterey County Prescribe Safe Initiative is dedicated to eliminating the epidemic of misuse, abuse and diversion of controlled prescription medications in Monterey County.

