

# FLOWER MOUND FAMILY PHYSICIANS

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Due to the many documented studies confirming the dangers of regular use of controlled substances (such as tranquilizers, pain medications, ADHD medications, and sleeping pills), we wish to inform our patients of our revised policy regarding some of these medications.

Most insurance companies require that mental health issues be treated by a designated mental healthcare provider, rather than the PCP.

Regarding Benzodiazepines (**Xanax, Ativan, Klonopin, and others**), we will not prescribe these on a long term, regular basis, but only in limited quantities at the discretion of the provider, if deemed appropriate. All attempts will be made to treat anxiety issues with counseling and/or safer, long term medications.

Regarding Opiates (such as **Norco, Vicodin, Hydrocodone**) and other pain medications, we will not prescribe any of these medications to be used on a long term, regular basis. If long term medications are needed, a referral will be made to an appropriate pain management specialist. We will only prescribe a limited quantity of certain pain medications at the discretion of the provider when appropriate, on a short term basis only.

We do not do ADHD testing and any patients requiring ADHD medication will need proper documentation from a qualified mental healthcare professional showing evidence of confirmed diagnosis by proper testing.

Most insurance companies, especially Medicare, have been very critical of the use of long term sleeping medications, therefore your provider may ask you to try alternatives that are felt to be safer, if long term use is necessary.

With regard to weight loss medications, we do not prescribe the older stimulant type medications but, if felt appropriate by your provider, newer, non-stimulant medications may be prescribed.