

Health Professional Recovery Program

Supporting Michigan Health Professionals since 1994

RE: Special Medical Information Form

Dear Licensee,

The following form has been created as a method to assist you with maintaining your recovery when you are in need of medical/ dental care. It will be your responsibility to take this form with you whenever you are seeking medical care from a physician other than your Addictionist. Please be sure to fill out your Addictionist's name and phone number prior to your care. The provider will need to sign the form indicating you have shared the information with them. You will need to return the form to your Addictionist with a copy to your HPRP Care Manager.

Please feel free to call if you have any questions.

Sincerely,

HPRP Staff

Special Medical Information Package



www.hrp.org

P.O. Box 842
Troy, Michigan 48099-0842
Phone: (800) 453-3784
Fax: (248) 519-0373

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SPECIAL MEDICAL INFORMATION

Dear Treating Practitioner,

I _____ am in recovery from substance abuse and/ or addiction. I am under the care of an Addictionist, a physician specializing in the treatment of addictive disorders.

The use of ANY mood altering chemical and/or controlled substance could be detrimental to my recovery and health. It is extremely important to use non-narcotic, non-mood altering medications whenever possible in my medical care.

Understanding there are situations that may arise where potentially addicting pain medications or other controlled substances may be warranted, please whenever possible, confer with my Addictionist first. My Addictionist's name and phone number are:

Addictionist: _____

Phone Number: _____ - _____ - _____

(If **EMERGENCY** treatment occurs I will contact my Addictionist as soon as possible.)

If controlled substances are prescribed, I need documentation of the medications prescribed, the quantity prescribed, dosage, frequency and the diagnosis. My Addictionist will most likely want to receive this information and will call you to discuss further.

To document I have shared this information with you, please sign below.

Thank You.

Treating Practitioner: _____

Phone Number: _____ - _____ - _____

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SAFE AND UNSAFE DRUGS

The following is a partial list of medications and preparations, which are generally considered to be **unsafe** for those who are recovering from the diseases of alcoholism and drug addiction:

1. Any preparation, which contains **alcohol (ethanol)**. This includes most cough preparations and mouthwashes. When in doubt, always read the label. Beware of foods which are prepared with alcoholic beverages, such as wine or sherry, the alcohol may (but not always) be evaporated if added prior to cooking.
2. **Benzodiazepines and other tranquilizers** - i.e. Valium, Librium, Limbitrol, Tranxene, Dalmane, Serax, Xanax, Klonopin, Halcion, Ativan, Versed, Miltown, Equanil, Equagesic, Soma and others.
3. **Barbiturates and other sedatives** - i.e. Phenobarbital, Nembutal, Seconal, Fiorinal, Esgic, Donnatal, Doriden, Placidyl, Chloral Hydrate, Ambien, Sonata and others.
4. **Narcotics** - i.e. Morphine, Demerol, Dilaudid, Dolophine (Methadone), Percodan, Duragesic (Fentanyl), Tylox, Synalgos-DC, Codeine (Tylenol #3, etc), Talwin, Darvocet, Wygesic, Vicodin, Lortab, Lorcet, Nubain, Stadol, Ultram and others.
5. **Amphetamines and other stimulants** - i.e. Dexedrine, Benzedrine, Fastin, Ionamin, Tenuate, Ephedrine, Ritalin, Cylert, Adderall, Meridia and others.
6. **Decongestants or weight-control preparations** which contain Ephedrine, Pseudoephedrine or Phenylpropanolamine.

The following are usually considered to be acceptable medications, *however*, remember **ALL PRESCRIPTIONS and OVER THE COUNTER** medications need to be approved by your Addictionist: Aspirin, Tylenol, non-steroidal anti-inflammatory drugs (i.e. Motrin, Nuprin, Advil, Naprosyn, Anaprox and others), antibiotics, some cough syrups and some antihistamines (i.e. Allegra and Claritin).

At times, individuals in recovery need to be maintained on psychiatric medications, but the decision to do so should be made jointly by the patient's Psychiatrist and Addictionist. Drugs prescribed to control psychiatric disorders should be used only with caution and a secure diagnosis.