

LETTER FOR CLINICIAN

As your doctor I have noticed some concerning behavior that has led me to believe you are addicted to your pain medication.

1. You have violated your pain contract
2. Acted out of character with myself/staff members
3. Called more frequently for early refills

Most patients who are addicted do not want to continue their addiction but seek pain medication to prevent withdrawal. Most patients are ashamed of their addiction but do not know how to reach out for help. Most patients dislike spending their time worrying about how they will get enough pain medication to make them feel normal again.

I want to help you with this but continuing this pain medication is not the answer. Don't stop reading now! I will help you get an appointment with _____ clinic. I will give you enough pain medication and a taper plan so you will not be miserable in the interim.

Rehab can be part of your recovery but should not be used as your only treatment. Addiction is a serious disease and must be treated as such. As you may already know, the three main medications to treat addiction are Buprenorphine, Methadone and Naltrexone. The first two (Buprenorphine and Methadone) will help ease the effects of withdrawal. Naltrexone is a medication used to prevent relapse but is not used to treat withdrawal. Your addiction medicine doctor can help you find the right medication and treatment. I know you are afraid of the next step. Please let us help you get the help you need.