

To Whom It May Concern:

January 1, 2010

[PATIENT NAME] has been under my care at the University of Utah Neuropsychiatric Institute for the treatment of addiction. Because of the risk of relapse and cross-addiction, I recommend that this patient should not use any alcohol, street drugs, or potentially addicting prescribed medications. Any use of alcohol, street drugs, or the following medications can precipitate or increase the likelihood of relapse to addiction. **A person who has ever been addicted to alcohol or any other drugs has a lifetime risk of becoming addicted to other potentially addicting drugs or medications--even medications used for legitimate medical and/or psychiatric indications.**

Therefore, I recommend that you safeguard your patient's recovery and safety by NOT prescribing the following categories of medications on an outpatient basis:

1. Any Alcohol-Containing Liquid Medications or OTC preparations (e.g., Nyquil and many others)

2. Sedative-Hypnotic Medications

Benzodiazepines:	Ativan, Klonopin, Librium, Xanax, Halcion, Valium, and all other in this class
Hypnotics:	Sonata, Ambien, Lunesta, and others
Carisoprodol:	Soma
Barbiturates:	Fiorinal, Fioricet, Phenobarbital, Seconal, and all others in this class
Other sedatives:	Equanil, Miltown, Noludar, Chloral hydrate, etc.

3. Opioid Medications

Morphine	MS-Contin and others
Propoxyphene	Darvon, Darvocet, and others
Codeine, Dihydrocodeine	Tylenol #3 and others
Hydrocodone	Lortab, Vicodin, Hycodan, and others
Oxycodone	Percodan, Percocet, Oxycontin, Tylox, Roxicodone, and others
Hydromorphone	Dilaudid and others
Meperidine	Demerol and others
Pentazocine	Talwin NX
Fentanyl	Duragesic, Actiq, and others
Methadone	
Tramadol	Ultram and others
Buprenorphine injectable, butorphanol, nalbuphine	Buprenex, Stadol, Nubain, and others

4. Stimulant Medications

Methylphenidate	Ritalin, Concerta, and others
Amphetamines	Adderall and others

5. Cannabinoids

Dronabinol, Nabilone	Marinol, Cesamet
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Further information on addicting medications is available through this handout:
<http://www.glenbeigh.com/Resources/GlenbeighPublications/tabid/90/Default.aspx>
or through my website: <http://efhmd.blogspot.com>

Prescribing or administering any of these medications to a person with a history of addiction or substance abuse is a high-risk procedure, can precipitate a potentially fatal relapse to addiction, and should be undertaken with extreme caution and only after consultation with an addiction specialist. If you believe there is a compelling medical reason to prescribe one of these medications to this patient, please consult an addiction medicine specialist or an addiction psychiatrist before you do so.

If you need to consult an addiction specialist, the American Society of Addiction Medicine (www.asam.org or 301-656-3920) and the American Academy of Addiction Psychiatry (www.aaap.org or 401-524-3076) can assist you with finding a specialist in your area. If you have questions, please do not hesitate to call me at 801-583-2500.

Sincerely, *Elizabeth F. Howell, M.D., DFAPA, FASAM*