

MEDICATION GUIDE

Please read through this document very carefully. It provides guidance regarding prescriptions and drugs of abuse to assist you in staying compliant with your Board Order, Consent Agreement, or ArNAP contract. Failure to follow the terms of your Board Order, Consent Agreement, or ArNAP Contract is noncompliance and may lead to further disciplinary action.

Documentation for Medications

- You are required to submit documentation for all medications that you are taking.
- Controlled substances and drugs of abuse are not automatically approved.
 - All medication (OTC, legend (prescribed, but not controlled), controlled substances) must be listed in your medication list in Affinity. This includes medications you take daily and on an as need (PRN) basis.
 - Required documentation:
 - OTC
 - Pictures of medication that shows all the following information:
 - ❖ Name of medication
 - ❖ Strength
 - ❖ Dosage
 - ❖ Ingredients
 - Legend
 - All the above, plus:
 - ❖ Valid prescription¹
 - ❖ Prescriber
 - ❖ Quantity
 - Controlled Substances/Drugs of Abuse
 - All the above, plus:
 - ❖ Short-Term Abstinence Waiver that shows why you are taking the medication and dates that you will begin, and end medication filled out and signed by the prescriber.

***An approved Short-Term Abstinence Waiver is valid for 21 days. It is located under the Helpdesk Documents in Affinity.**

***You cannot take controlled substances on a frequent basis. If you do, your Case Manager will discuss Voluntary Surrender with you.**

- If you are unsure which medications require documentation, check the **Enclosed Talbott Medication Guide**. It is located under the Helpdesk Documents in Affinity.
 - If the medication is considered a class **A** or **B**, you may be required to submit documentation from your provider.
 - If the medication is considered a class **C**, you are not required to submit documentation from your provider.
 - If the medication is not listed in the **Medication Guide**, contact your Case Manager for assistance.

Uploading Your Medications in Affinity

- **List each prescribed medication and over-the-counter medication as a separate entry** into your Affinity encounter. (Affinity / Documentation / Prescriptions / Add prescription.)
- **Add documentation** (i.e. picture(s) of the prescription label or bottle/box) for each medication uploaded into your Affinity encounter. Make sure the pictures uploaded in attachments match the medication entry and contain the date, dose, name of medication and prescriber name.
- **Only enter the medication ONE TIME.** Update it if the medication dosage, or frequency changes.
- If you discontinue any medications, update prescription information in Affinity with an end date.
- If you have questions about how to upload your prescribed / routine medications, refer to the Helpdesk module #9.

What if I need to go to an emergency room or a clinic? What if I have a procedure (dental or medical) scheduled? How do I report the medications that I receive?

- If you are sick or injured and need to seek treatment, send documentation of that visit (i.e. clinic note, discharge summary, etc.) and a list of the medications that you have received to your Case Manager via Affinity's message center.
- If you are prescribed a controlled substance, you will have 10 days to submit a Short-Term Abstinence Waiver by the provider.
- If you have a scheduled procedure and will be receiving medication (i.e. dental procedure, outpatient procedure requiring sedation, outpatient surgery, surgery, etc.), you need to submit a Short-Term Abstinence Waiver signed by the prescriber.
 - Upon discharge, request documentation of the medications that you have received.
 - Submit all documentation to your Case Manager via Affinity's message center.
 - Until a Short-Term Abstinence Waiver is received, a positive screen remains positive and is noncompliant.

Long-Term Medications for ADHD and Anxiety

- If you are diagnosed with **ADHD** or **Severe Anxiety**, you are required to submit a Long-Term Abstinence Waiver that includes your diagnosis and the current dosage of your medication. Your prescriber is required to complete and submit the form.
- You can obtain the Long-Term Abstinence Waiver form in Affinity under the Helpdesk / Documents tab.

PRN Medications

- **You cannot take prn abuse-potential or controlled substances without a Short-Term Abstinence Waiver.** For example, if you have a headache (back pain, hip pain, tooth pain, etc.), you cannot take "leftover" medications (Norco, Flexeril, Tramadol, etc.) that you had from another condition/procedure. If you need to seek treatment, seek treatment.
- If your provider prescribes an abuse-potential or controlled substance for an acute short-term condition (i.e., less than 3 weeks), you are required to submit a Short-Term Abstinence Waiver. Your prescriber is required to complete and submit the form directly to ASBN via ASBN.Monitoring@Arkansas.gov.
- You can obtain the Short-Term Abstinence Waiver form in Affinity under the Helpdesk / Documents tab.

Allergy and Cold Medications

- **Read all labels carefully and take as per recommended on package instructions!** Many cold preparations include alcohol as a “non-active” ingredient. **If you test positive for alcohol or metabolites of alcohol, it is a failed test—regardless of whether it was Nyquil or an alcoholic beverage.**

Weight Loss Medications

- Some weight loss medications are not appropriate to take while monitoring in an abstinence-based program. Common medications that are **not approved** include Adipex and Phentermine.

Sleep Aid Medications

- Some sleep aid medications are not appropriate to take while monitoring in an abstinence-based program. Common medications that are **not approved** include benzodiazepines (i.e. Restoril, Halcion) and Zolpidem (Ambien).

Herbals, Vitamins, and Supplements

- It is your responsibility to know what substances you are consuming. Read each label carefully. You may have to call the manufacturer to determine if the substance contains ingredients that you should not consume. **CBD Products are not approved.**

Extracts

- Many extracts contain alcohol. Read the label carefully before consuming.

DON'T FORGET

- You are required to upload your prescriptions and over-the-counter medications in your Affinity encounter.
- You are required to submit a Long-Term Abstinence Waiver for prescribed medications for ADHD and Severe Anxiety diagnoses.
- You cannot take “prn” controlled or abuse-potential medications that are not prescribed for an **acute, current condition** without a Short-Term Abstinence Waiver completed and submitted to your Case Manager.
- You are responsible for what you consume! Read all labels!
- If you have questions, contact your Case Manager.

Assigned Case Manager - _____

- ArNAP - (501) 683-0016
- Probation Monitoring - (501) 686-2896
- Suspension Monitoring - (501) 686-2730
- Voluntary Surrender Reinstatement Monitoring - (501) 686-2730

¹A valid prescription means a prescription that is issued for a legitimate medical purpose in the usual course of professional practice by – (i) a practitioner who has conducted at least 1 in-person medical evaluation of the patient; or (ii) a covering practitioner. (See 21 U.S. Code § 829)