

January 21, 2007

To Whom It May Concern:

RE: PATIENT NAME

PATIENT NAME was under my care at the University of Utah Neuropsychiatric Institute from ADMISSION DATE to DISCHARGE DATE for the treatment of DIAGNOSES. 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 other drugs has a lifetime risk of becoming addicted to other addicting drugs or medications--even if 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:

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

Sedative-Hypnotic Medications

- o All Benzodiazepines: Ativan, Klonopin, Librium, Xanax, Halcion, Valium, and others
- o Hypnotics: Sonata, Ambien, Lunesta, and others
- o Carisoprodol (Soma)
- o All Barbiturates: Phenobarbital, Seconal, etc.
- o Other sedatives: Equanil, Miltown, Noludar, Chloral hydrate, etc.

Opioid Medications

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

Stimulant Medications

- o Methylphenidate (Ritalin, Concerta, and others)
- o Amphetamines (Adderall and others)

Cannabinoids

- o Dronabinol (Marinol)

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. 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 relapse to addiction, and should be undertaken with extreme caution and only after consultation with an addiction specialist.

If you need to consult an addiction specialist, the American Society of Addiction Medicine ([www.asam.org](http://www.asam.org) or 301-656-3920) and the American Academy of Addiction Psychiatry ([www.aaap.org](http://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.*