

Controlled substances are medications which include, but are not limited to the following:

- Certain sleep medications (Ambien, Lunesta, Sonata, etc. and their generics)
- Benzodiazepines (xanax, ativan, valium, librium, klonopin etc and their generics)
- Stimulants (Adderall, vyvanse, concerta, ritalin, modafinil etc and their generics)
- Suboxone – Dr. Lam is not licensed to prescribe and thus does not prescribe.

Updated Controlled Substances Policy:

1. Dr. Lam does not prescribe multiple controlled substances to any patient. If you are taking more than one of these medications, it is your responsibility to have a primary care doctor or alternative provider to continue the other prescription. It will not be filled by Dr. Lam during the course of treatment at any time.
2. All patients are required to complete and provide documented results of completed neuropsychological testing prior to starting any stimulant medication. This is NOT the same as an ADHD evaluation, ADHD screening, ADHD test, etc. Anything else submitted will still require completion of neuropsychological testing before stimulants can be started. Resources are provided below.
3. Upon starting or continuing any controlled substance prescription, a 6 month trial period will begin at which time medications may be titrated to effective dosing within provider specified limitations (see below). During this 6 month period, the patient will be responsible for finding either a primary care or alternative provider to continue the prescription beyond the 6th month. These medications are not designed to be taken in perpetuity so while Dr. Lam acknowledges that a number of patients will benefit from long term usage beyond this period, it is not a regimen that he prescribes. There are many well established physicians who will gladly continue these prescriptions outside of the office that can be contacted.
4. Dr. Lam does not prescribe more than a 1 mg equivalent of any benzodiazepine for emergency or daily use. If you are currently taking or feel you will need more than this amount, please let the office staff know so that you can be transferred to an alternative provider to better fit your needs.
5. Dr. Lam does not prescribe more that 40 mg TOTAL daily of any stimulant medication. If you are currently taking or feel that you will need more than this amount, please let the office staff know so that you can be transferred to an alternative provider to better fit your needs.
6. If you are a patient who is being transferred from a provider within the practice and currently taking stimulants, you may be seen for up to a 3 month grace

period for refills. Within this time period it is your responsibility to complete and submit neuropsychological testing as is required of any other patient.

Alternatively, you may use this time to establish care elsewhere to continue your prescription. Regardless, no more than 40 mg as described above will be provided, and after the third month, no prescriptions will be written without completed neuropsychological testing.

7. Prescriptions are written on a month-by-month basis and only for one month at a time. If a prescription or medications are lost, the patient may receive one emergency refill, but this will be up to the pharmacist's discretion to fill. No further emergency or early refills will be provided beyond this single instance.
8. These policies remain subject to change and do not constitute a guarantee that you will receive a controlled substance prescription at any point in time.

I have read the above, understand, and agree to abide by the controlled substance policies as stated above by Dr. Lam.

Signature

NeuroPsych Resources

Please contact any of the following for **Neuropsychological Testing**:

Denise Fiduccia ADHD

Mary Schmidt ADHD

Athen's and Associates ADHD

Ellen Kraemer ADHD

George, Miller, White and Associates ADHD

Gersten Center for Behavioral Health ADHD

Belmont Depression and Anxiety Center

Kim Rubenstein, Psy.D. Center for Personal Development

Cognitive Solutions Learning Center Sharon Getz, Psy.D.

Frederick Bylsma Ph.D. Neuropsychological Services, P.C.

Psychologytoday.us