



Howden Medical Clinic

Urgent Care/Family Practice/Cosmetics

375 Howden Blvd, Unit 2
Brampton, ON L6S 4L6
www.HowdenMedicalClinic.com

Phone: 905-790-2666
Fax: 905-459-5000
Email: info@howdenmedicalclinic.com

Benzodiazepine (BZD) Agreement

I _____, understand that I am receiving opioid/narcotic medications from

Dr. _____ for the treatment of my pain, and I agree to the following condition:

1) I will not request pain or mood-altering drugs from physicians other than Dr. _____.

2) I will take BDZ or opioid medications in the amounts and according to the directions prescribed. I understand that, if my medication runs out early, I will not be prescribed medications before the next scheduled time.

3) I will not give or sell my medications to anyone else including family members, nor will I accept opioid or BDZ medications from anyone else.

4) I will keep my prescription medications in a safe place. I understand that lost, damaged or stolen medication will not be replaced before the next regularly scheduled time.

5) I will not combine my BDZ medication with over-the-counter medications such as Tylenol 1, 222's, alcohol or street drugs without discussing it with my physician.

6) BDZ & other narcotics are potentially addictive and it will also cause a physical dependence.

7) I agree to attend and participate fully in any other reasonable assessments or pain treatment programs which my physician may recommend at anytime.

8) I agree to random urine or blood testing as required to monitor my treatment with these medications.

9) I understand that, if the above conditions are not met, Dr _____ may stop prescribing opioid or BDZ medications for my pain condition.

10) I will fill my prescriptions at only one pharmacy of my choice:

Pharmacy Name: _____

11) I have reviewed the side effects of long term BDZ use and I am aware of the risks, as written below:

Risks of Long Term BDZ Use

- 1) Addiction: Studies indicate that some proportion of the population will become addicted to BDZ. Smokers, alcoholics, or people previously addicted will be at an increased risk of addiction.
- 2) Dependence: All people on long term BDZ will develop a physical dependence on BDZ. This means that after being on the medication for a period of time, sudden cessation of this drug will lead to withdrawal symptoms and intense craving for the medication. Chronic BDZ cannot be stopped suddenly. If the patient decides to stop the medication the patient will need to be weaned off the medication.
- 3) Loss of Libido and erections: Chronic BDZ causes a loss of sex drive and erectile dysfunction.
- 4) Drowsiness, Nausea, and dizziness: All are side effects of BDZ. Usually, these side effects will diminish with time. However, you must not drive until you are aware of how the medication will affect you.
- 5) BDZ's are a regulated substance by the federal government. As such, patients on chronic medications need regular, periodic assessments from a physician. At first, these assessments will occur every 1-4 weeks and then every 3 months when your dosing is stable. If you do not attend for these assessments, your medication will be stopped.

I have read the above and have discussed it with my physician.

Patient Name: _____

Patient Signature : _____

Date: _____