**Alamo Heights Pediatrics**

**1919 Oakwell Farms Pkwy, Ste. 257**

**San Antonio, Texas**

**Tel (210)930-8400 Fax (210)930-8402**

ADHD/ADD Controlled Prescriptions

Guidelines for Parents:

The treatment of ADD/ADHD with stimulants is effective and safe. But federal law and good sense dictate that your child should be carefully monitored while taking stimulant medication. Stimulant medications can be addictive, and for that reason it is imperative that clear expectations be adhered to both by our office and by the parents of our patients who are being treated to ADD/ADHD.

For your child’s safety and well-being, your cooperation with the following guidelines is required for prescriptions for federally controlled stimulant medication to be prescribed from our office. Most prescriptions will be called out directly to the pharmacy, some may have to be picked up from the office and there is a $5 fee for each paper prescription.

We look forward to a successful relationship with you and your child. Watching a child respond well to ADD/ADHD medication and begin to succeed in school and tap into his/her full potential is one of the most exciting and fulfilling aspects of my job.

-Lindsay Irvin, M.D.

1. You will be required to visit the office or, if permitted, be seen via telemedicine with your child at a **minimum** **of every 3 months** to monitor your child’s health while taking his/her prescription.

**THIS IS NOT NEGOTIABLE**

If your child cannot be seen on a regular basis, no prescription can be written.

1. There will be times that your child will need to be evaluated more frequently than every 2 months. For example, at the beginning of treatment, or following a dose adjustment.
2. Your child will need to be monitored closely for side effects from his/her medication, which can include loss of appetite, weight loss, sleeplessness, irritability (particularly when the medication is wearing off at the end of the day), flattening of personality, or suboptimal response requiring an increased dose. *ALL of the side effects need to be reported to your doctor by a phone call or at your next visit. Any symptoms that are troubling to your child, including more severe medication reactions, must be reported immediately.*
3. Please stay in contact with your child’s teachers. You will be asked for teacher feedback at every visit.
4. At any point, if you would like your child to see a psychiatrist or developmental specialist, please let us know. Our office prescribes controlled medications within the standard range of dosing for straightforward cases of ADD/ADHD. More complex psychiatric or developmental issues will need to be referred to an appropriate specialist. Specialists for behavioral health for children are few in number in San Antonio, so please be proactive with your request as it takes time to schedule an appointment.
5. Please call ahead to our office for medication refills at least one week before your child runs out of medication. Allow at least 48 hours between request for prescription and pickup. These prescriptions need to be written carefully, and your child’s chart reviewed with every refill. If the medication is not called out, you will have to pick up a paper prescription from the office. There is a $5 charge for prescription refills. When possible and medically appropriate, a 3-month supply will be written.
6. By law, you have 21 days to fill your prescription once it has been written. Please give your pharmacy time to order medication as they do not always have all brands of stimulant medication in stock.
7. If a written prescription is given to you, but you do not use it, you must return that prescription slip to our office before another prescription can be written. All prescriptions for controlled substances have to be followed and recorded by our office.
8. It is important that you and your child know that sharing medication is strictly forbidden by federal law. Especially for our high school and college students, friends sometimes as to “borrow” stimulant medication. Please be clear with your child that drawing boundaries with peers making an inappropriate (and illegal) request deserves a flat “NO”! If a patient ever suspects their medication has been stolen, law enforcement should be notified.
9. Because of the cooperative relationship that must exist to manage ADD/ADHD with the prescription of a federally controlled medication parents and patients must be polite and cooperative with our physicians, staff, and pharmacy. If a parent or patient is rude or demanding, or refuses to respect the guidelines listed above, we will respectfully ask you to seek medical care elsewhere.

I have read and agree to adhere to the guidelines listed above. I understand that if I cannot comply with these directives, I will no longer receive prescriptions for ADD/ADHD medications for my child from Alamo Heights Pediatrics.

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Patients Name

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Signature of Parent/Guardian/Self Date: