



Patient Name: _____

Patient DOB: _____

Date: _____

Due to the continued pressure by the federal and state governing bodies, I feel it necessary to make a radical change in my practice. As of Jan. 1, 2018, we will no longer prescribe pain medication to patients who are also taking a benzodiazepine. Examples of benzodiazepines are the following: Valium, Xanax, Ativan, Klonopin, Restoril, and their respective generic equivalents such as the following: Alprazolam, Lorazepam, Clonazepam, Temazepam. Attached is a chart that shows the greatly increased risk to patients who are taking this combination of medication. In the past I have handled this risk on an individual basis with patients through informed consent. The "opioid crisis" is real and is something that doctors, legislators, law enforcement, etc. are coming to terms with and trying to make appropriate interventions. The doctor patient relationship, as sacred as it may be, is going to take a back seat to the public recommendations the Centers of Disease Control(CDC) and the FDA as well as the Oklahoma State Medical Association and the Oklahoma State Medical Board have put forth over the past 24 months. If you feel that weaning off the benzodiazepine is hazardous to your health in the case of a seizure disorder or other condition, I ask that you discuss it with your prescribing physician at your earliest convenience. Otherwise, start to wean down slowly and work with your prescribing physician of the benzodiazepine. A good rule of thumb is to go down by 10% per week. As difficult as it may be, it is possible. There are many good alternatives to benzos and we are willing to make recommendations as well as assist with medications that treat anxiety and insomnia. In the end, these recommendations have been made for the safety of the public and should result in patients being healthier and safer.

Thank you for your understanding and consideration.

S. Blake Kelly, MD

Patient Signature