



Pain Institute
of Southern Arizona

Thank you for choosing the Pain Institute of Southern Arizona for your pain care.

Your appointment is with:

___ Dr. Bullock ___ Dr. Gossler ___ Dr. Cornidez ___ Dr. Cubillo ___ Dr. Chavez
___ Stephanie Grasky PA ___ Sylvia Valenzuela FNP-C

Appointment Date: _____

Arrival Time: _____ **Appointment Time:** _____

You will be seen at the PISA location:

___ 4582 N. First Ave
___ Tucson, AZ 85718
___ Suite # 170
___ Suite # 190
___ Suite # 140

___ 4881 E. Grant Rd Suite #101
___ Tucson, AZ 85712

Please bring the following items with you to ensure that your appointment runs smoothly:

- a. Driver's License
- b. Current Health Insurance Card
- c. List of current Medications (with pill strength and dosage information)

Please be advised that we require 24hr notice for changes to your appointment details in order to avoid incurring a \$25 rescheduling fee.

Thank you,
Appointment Schedulers

4582 N. First Ave, Suite 170 Tucson AZ 85718
Phone: (520) 318-6035 | Fax: (520) 795-9953
www.pisapain.com

“Giving patients Non-Surgical options for Pain Management”



Pain Institute of Southern Arizona

Thank you for choosing The Pain Institute of Southern Arizona for your pain care. The following is an outline for the PISA Narcotic Policy Guidelines established from the recommendation from the Center for Disease Control and recommendations through review and consensus from the pain management community.

- You will be asked to provide us with a urine drug screen at your initial visit and will be monitored periodically during the treatment period. You will also be asked to sign a controlled substance agreement, which outlines the rules and conditions of the continued patient-provider relationship. *We also monitor the Arizona state board of pharmacy website for prescription history.
- You will be asked to bring all narcotic medications, in their original bottles, to the first appointment as well as each and every appointment, while on controlled substances.
- To make sure you are receiving the best and safest care possible, we must obtain the necessary clinical information and studies before starting narcotic therapy. In order to ensure you do not run out of narcotics, we would ask that you continue to receive medication from your physician's office. This would typically require a two-week supply. If we feel that our practice can help treat your pain condition and narcotics are the most reasonable treatment for your patient's pain, we will offer a return appointment with one of our medical management providers to begin chronic narcotic therapy. In order to maintain a high standard of care, PISA utilizes best-practice medicine through laboratory screening, pain agreements, along with monthly appointments for medication stabilization.
- We do not write prescriptions for patients with illicit substances detected in their system. Marijuana is currently included in this list because it is still against Federal law and causes cognitive impairment as well as may potentiate the effect of other medications.
- If it is determined that narcotic therapy is appropriate, you will be scheduled for a future appointment to review the urine drug screen results (UDS). If the UDS is consistent with prescribed medications, a treatment plan will be initiated. We discourage prescribing opioids with benzodiazepines unless there are clear indications that the benefits outweigh the risk.
- Our emphasis is on controlling chronic pain by replacing short acting medication with safer and more convenient long acting medication and to use the lowest possible dose to provide adequate analgesia with minimal side effects without the peaks and troughs of short acting opioids. Typically, we do not provide patients with more than 2 breakthrough short-acting pain medications per day.
- If we deem your narcotic dose to be excessive, we may recommend detoxification through inpatient or outpatient clinics that specialize in helping patients through this difficult process. We do not detoxify patients.

We will do our best to help you through this difficult time.