



## ADHD Medication Prescription Policy

Stimulant medications have proven to be safe and effective in the treatment of ADHD for many decades. For many children these medications offer a critical role in school and social success. Despite their safety, the US Drug Enforcement Administration (DEA) lists these medications (Adderall®, Ritalin® and others) as Schedule II drugs, which restricts our prescribing them, and penalizes us for misuse or poor compliance with the rules. Laws require that we must give out a hand-written prescription, with no refills. These medications cannot be “called in”. Due to recent relaxation in the rules made by the DEA, Cary, Fuquay-Varina, and Apex Pediatrics will offer the following options for prescription refills for Schedule II medications.

**Option 1)** Monthly prescriptions will be written on weekdays, with **at least 24 hours notice**. One prescription will be written at a time, and the patient’s scheduled visits will be at a **maximum** 6 months apart. One visit will be a “Full- ADD” which includes a full physical plus medication monitoring, and one a “Mini-ADD” for medication monitoring only. This is the procedure that we prefer as it allows us to have monthly contact during the six months between visits, to ensure appropriate dosage and monitor for side effects. Your provider may decide that other visits are needed in addition to the two listed above.

**Option 2)** Some insurance pharmacy plans have an option for receiving a 90 day supply of medication at one time. If your insurance allows this, we can write a prescription for a 90 day supply. 2 yearly visits will still be required. When your child needs a refill, please contact us well ahead of time, so your child does not run out of their medication. Again, please **give at least 24 hours notice** that you need a new prescription.

### **Important Information**

**Lost Prescriptions:** We understand that there may be times that prescriptions are lost. If a 3 month supply prescription is lost, Cary, Fuquay-Varina, and Apex Pediatrics will require the family to take monthly prescriptions (Option 1). Because of our liabilities prescribing these medications, if there are repeated losses of prescriptions, a conference between the provider and the family may be requested.

**Making appointments:** It is the responsibility of the parent or guardian to make the follow-up appointments with their provider. We will start giving reminders when families call in 2 to 3 months in advance for “Option 1”. Recheck appointments for “Options 2” can be made at the end of each refill. A grace period of one month will be given for appointments that are delayed.

**When prescriptions last longer than expected:** There may be times, including during illness, “track-out” or vacations when you and your provider have decided that a child may not be taking their medication regularly. This may lead to “30 day” or “90 day” supplies lasting longer than one or three months. In these cases however, the timing of office visits **does not change** and the children are expected to be seen according to their normal schedule.

It is our hope at Cary, Fuquay-Varina, and Apex Pediatrics that by offering a new option for stimulant refills, parents can choose a method that meets their family’s needs and busy schedules. We do not intend to build barriers to your child’s success. Rather, we want to ensure their ongoing success with appropriate care, keeping in mind our responsibilities to prescribing laws.

Thank you! The Providers and Staff at:

**Cary, Fuquay-Varina, and Apex Pediatrics  
ADHD Medication Prescription Policy**

I have read and understand the ADHD medication prescription policy for Cary, Fuquay-Varina, and Apex Pediatrics. I understand my responsibilities and my Pediatricians responsibilities for these medications.

\_\_\_\_\_ Patient Name

\_\_\_\_\_ Parent/Guardian Signature

\_\_\_\_\_ Date