

Pain Prescription Refill & Controlled Substance Policy

For Your Safety, We Will:

Treat your pain with over-the-counter medications or with medications that are not controlled substances.

If we think it is appropriate or safe we may treat your pain with controlled substances but we will ALSO:

- Review your hospital chart to see how often you visit the ER or Clinic for your pain or have requested a controlled substance for your pain.
- Check the i-STOP (Internet System for Tracking Over-Prescribing) Prescription Monitoring Program database to see the type and quantity of prescription medications you have recently filled within New York State.
- Honor and follow current pain contracts that are in your medical record.
- Refer you to pain management clinics.

For Your Safety, We Will Not:

Refill lost, stolen, or expired controlled substances, or pain medication prescriptions from out-of-state.

Prescribe or refill long-acting controlled substances.

Prescribe more than a 3-day supply of a controlled substance in a 2-month period.

Prescribe controlled substances to you if you have a history of frequent pain medication refills.

On a regular basis, give you a controlled substance injection (shot) if there is no established diagnosis for your pain.

*****Please Talk With Your Primary Care Doctor About Other Ways to Manage Your Pain*****

If you do not have a Primary Care Doctor, we will provide you with a list of clinic and treatment programs.

List of Pain Management Centers:

Mount Sinai Pain Management and Integrative Medicine:

Mount Sinai's Pain Management and Integrative Medicine physicians utilize both traditional and complementary therapies to decrease pain—caused by injury, cancer, or other chronic or acute ailments—and improve overall function. Our specialists provide diagnosis and treatment with a focus on minimally invasive procedures (as opposed to potentially harmful narcotic medications) to relieve discomfort so that patients can participate in physical therapies. By increasing functionality we help patients to re-engage in activities important to them, thereby improving the very quality of their lives. Services and treatments include Electrodiagnostic Studies, Integrative Medicine, Interventional Pain Procedures Under X-Ray Guidance, Muscle and Joint Injections Under Ultrasound Guidance, Physical Therapy Prescriptions, Peripheral Nerve Stimulation, and Spinal Cord Stimulation.

Tel: 212-241-6372
5 East 98th Street, 6th Floor
The Mount Sinai Hospital
New York, NY 10029

Mount Sinai Center for Headache and Pain Medicine:

The Mount Sinai Center for Headache and Pain Medicine is a multidisciplinary center for the diagnosis and treatment of chronic and acute headaches and other painful disorders of the skull, brain, or face. Our dedicated team of physicians, have specialties beyond just Neurology and will work to find the best treatment and preventative tips for migraine and headache sufferers of all types. Menstrual migraines, cluster headaches, basilar migraines, and tension-type headaches all can be debilitating, painful and difficult to diagnose, but the Mount Sinai Center for Headache and Pain Medicine is especially equipped with the latest technology and experience to provide diagnosis and treatment in even the most complicated cases. Treatment options include biofeedback, Botox, and other interventional procedures. Our physicians will consider all available options and medical alternatives to give you the highest level of medical treatment and care.

Tel: 212-241-7076
Faculty Practice Associates
5 East 98th Street, 7th Floor
Box 1139
New York, NY 10029

The Pain Center at Bellevue Hospital Center:

The Pain Center at Bellevue provides a state-of-the-art facility for the highest quality medical, physical therapy, spinal rehabilitation, neuropathy treatment, weight loss and wellness care available. Both locations take ALL insurance plans, Medicare, Workers Compensation, motor vehicle accident claims and personal injury.

Tel: 212-562-1011 (referral office)
462 First Avenue, Building H - Suite 16E30
New York, NY 10016



The Manhattan Center for Pain Management at Mount Sinai Roosevelt:

The center employs a multidisciplinary approach to diagnose and treat a broad range of problems, including: abdominal pain, back pain, facial pain, neck pain, pelvic pain, arthritis pain, cancer pain, headaches, neuropathies, and shingles. Physical and exercise programs, occupational therapy, social services, drug detoxification, and psychotherapy and behavioral modification are some of the available services. The center does a number of procedures including, but not limited to: Nerve Blocks, Nerve Stimulation, Epidural Steroid Injections, Trigger Point Injections, Prescribing or Rearranging Medications, Dorsal Col tractable pain. umn and Peripheral Nerve Stimulators, Morphine Pumps, Chemical and Cryoneurolysis, and Radiofrequency Neuroplasty.

Tel: (212) 523-6357

1000 Tenth Ave. at 58th St., 14th Floor
New York, NY 10019

Chronic Pain Program at Phillips Ambulatory Care Center in Beth Israel Medical Center

The Pain Division has a multidisciplinary team, including neurologists, anesthesiologists, rehabilitation medicine physicians, a psychologist, and advance practice nurses. Treatment approaches include:

- Expertise in drug therapy for pain, including nonopioid and opioid drugs.
- Psychological interventions, including cognitive approaches such as biofeedback and hypnosis, and formal psychotherapy.
- Access to rehabilitative therapies including physical therapy, occupational therapy, and treatment with analgesic modalities such as transcutaneous electrical nerve stimulation (TENS), ultrasound, and others.
- Invasive pain relieving treatments, including myofascial trigger point injections, nerve blocks, spinal infusions using implanted pumps, and spinal stimulators.
- Access to complementary approaches, including acupuncture, massage, and other modalities.

Tel: (212) 844-8930 and select Option 0 (zero) to make an appointment or consultation

Phillips Ambulatory Care Center

10 Union Square East (at 14th Street), Suite 2Q/2R
New York, NY 10003

Elmhurst Hospital Chemical Dependency Program

Elmhurst Hospital Center provides both inpatient and outpatient services for patients with substance abuse problems. There is an outpatient chemical dependency program for adults (18+). Services include: individual, group and family counseling, psychiatric evaluations, and medical treatment, and a DWI component. MICA clients must be assessed prior to admission. Also provides Buprenorphine treatment for opiate addiction. Offers anger management. Also offers groups for men, women, relapse prevention, trauma for women, and criminal relapse prevention. They accept Medicaid, Medicare and private insurance and offer a sliding fee scale for those with no insurance.

Tel: (718) 334-4601

79-01 Broadway, Building H, 3rd Fl. Room #117
Elmhurst, NY 11373

