



Cobb Pediatrics ADD / ADHD Treatment Guidelines and Controlled Substance Medication Policy

Stimulant medications (Ritalin, Adderall, Concerta, Vyvanse, etc.) used in the course of treating most ADD/ADHD are classified as controlled substances. The prescribing and dispensing of these medications are closely monitored and highly regulated by the Drug Enforcement Agency and your insurance company (if applicable). These medications cannot be automatically refilled or phoned/faxed to the pharmacy and we will no longer send written prescriptions for controlled substances via mail.

In accordance with national clinical quality recommendations, all patients taking such medications will be required to have an annual physical exam in addition to ADD/ADHD maintenance visits with their primary care provider at regular intervals. We will monitor your child for proper growth and development, medication effectiveness, possible side effects, the potential need to change medications or dosages, and will also address any educational and psychological concerns. Please note that an interim visit for a sick appointment (cold, sore throat, or abdominal pain) does not replace the need for your child to be seen for an ADD follow-up. An appropriate amount of time for these visits is required so we can provide the best care for your child. If these appointments are missed, your child may run out of medication.

Patients that are established on the same ADD/ADHD medication for >30 days will receive a ninety-day supply of prescriptions at each interval visit and will be scheduled to return to the office in 3-months. In the event of a medication or dosage change, a thirty-day supply of prescriptions will be given and the patient will be scheduled for a 1-month follow up. Please be prepared to schedule your subsequent ADD follow-up visit each time you are in the office. Planning ahead will ensure appointment availability and will also guarantee that you never run out of medication. In the event of any treatment complications, you may always contact us to discuss concerns or you may come into the office for an earlier appointment if needed.

An active Patient Portal account is necessary for all of our patients that want complimentary access to physical and immunization forms, school excuses, medical records, payment histories, and more. For the fastest and most efficient service, ***we highly encourage you to use the portal for all non-urgent communications with our office.*** Prior to each ADD/ ADHD follow up visit, the parent/guardian will be asked to log into the portal to complete a Vanderbilt Parent Survey, a standardized and clinically-proven questionnaire used to monitor ADD/ ADHD medication side- effects and treatment effectiveness. **When you complete these surveys online and in advance of your appointment, your provider will be better prepared for your visit and you will minimize your wait time in the office.**

Cobb Pediatrics is committed to providing the highest quality of care and we appreciate your cooperation with these guidelines. If you have any questions or concerns, please feel free to contact DeeDee Varner, Practice Administrator.