

Talking to Your Doctor

Be Honest With Your Doctor

Your doctor wants to provide the best possible treatment for you with a treatment plan that meets your unique needs and circumstances. This can be achieved through a relationship based on honesty and good communication. Be sure to tell your doctor if you:

- ▶ Start taking a new prescription or over-the-counter medication
- ▶ Use an opioid, such as heroin, methadone, or a prescription narcotic
- ▶ Use other illicit drugs
- ▶ Crave opioids or think you might be experiencing withdrawal.

These are things that could alter your treatment plan, so be sure to bring them to your doctor's attention right away. Your doctor cares about you and is there to listen, so don't be afraid to speak up if you have a problem or a concern.

Expect Your Doctor to Be Honest With You

Just as your doctor expects honesty and communication from you, you should expect the same from him or her. Your doctor should discuss several issues with you before starting a treatment plan, including:

- ▶ Treatment philosophy --What is your doctor's approach to treatment?
- ▶ Confidentiality --Who will have access to your information?
- ▶ Office policy --What is the policy for missed or canceled appointments?
- ▶ Prescription procedures --Will you receive take-home doses, or will you get your medication from a pharmacy?
- ▶ Urine testing procedures --How often will you provide urine samples, and how will the results be interpreted? What happens if your urine sample shows that you have been using drugs?

If your doctor does not bring up these issues when starting your treatment, be sure to ask about them. Remember, open communication, trust, and honesty will help make your treatment successful.