

Dear Doctor,

I want you to be aware that I am in recovery from ____.
I have a sensitivity to all opiates, barbiturates, & other mood altering
substances.

While I take full responsibility for my recovery,
I need your help to maintain my sobriety and recovery.
Please consult the standards for pain management put forward by the
Joint Commission on Accreditation of Health Care or the World
Health Organization's stepladder approach to pain treatment.

While I am not currently using and have not been since ____,
please consider my recovery as an active health condition that needs
a specialized approach.

I'm not only your patient, I am your partner in caring for me-thanks
for being mine.