



7 Day Quantity Limit on “New” Opioid Prescriptions Effective 1/1/2019

On January 1, 2019, MedStar Family Choice will limit all “new” opioid prescriptions to a 7-day supply. A “new” prescription means that a patient has not had an opioid medication filled under MedStar Family Choice in the preceding 90 days or had one ≤ 7 day course of short-acting opioid at ≤ 50 morphine equivalents per day in previous 90 days. New prescriptions for more than 7-days’ supply will require Prior Authorization. It is our hope that limiting opioid quantities to a 7-day supply will discourage abuse by our members and diversion into the community. This change is consistent with best practices, as well as Medicare policy (effective 2019) which limits opioid naïve patients to a 7-day supply.

According to the CDC 2016 Guidelines for Prescribing Opioids, “When opioids are used for acute pain, clinicians should prescribe the lowest effective dose of immediate-release opioids and should prescribe no greater quantity than needed for the expected duration of pain severe enough to require opioids. Three days or less will often be sufficient; more than seven days will rarely be needed.”

Examples of a typical 3-day supply and a 7-day supply of frequently prescribed opioids for acute pain are below:

Medication	3-day supply quantity*	7-day supply quantity* (maximum allowable)
HYDROMORPHONE TAB 2MG	18 tablets	42 tablets
HYDROCODONE 5MG	18 tablets	42 tablets
OXYCODONE TAB 5MG	18 tablets	42 tablets
TRAMADOL HCL TAB 50MG	18 tablets	42 tablets

**Quantities are based on starting dose recommendations in the respective FDA Package Inserts for each medication.*

As a reminder, any prescription (new or old) for long-acting opioids, fentanyl-containing preparations or any combination of prescriptions that exceeds 90 morphine equivalents per day will require Prior Authorization, even if the duration of therapy is less than 7 days.

Please contact MedStar Family Choice at **800-905-1722, option 2** for Prior Authorization of new opioid prescriptions. Should you have any questions or concerns about this new policy, please call Dr. Danielle Gerry at **410-933-2295**.

MedStar Family Choice strongly encourages you to prescribe the least amount of opioid at the lowest dose possible to achieve pain relief goals.