



# This clinic has adopted the HARMs Program for Safer Opioid Prescribing

**As we have all heard, opioids pose a safety risk.**

**Unfortunately it is very difficult to know if someone is being helped or harmed.**

If you are prescribed opioid medications for chronic pain then you will be asked to provide a urine sample at random time(s).

This sample will be checked to see which medications/drugs you are taking and help the prescriber identify if you may be at a higher risk from these medications.

This is a universal safety precaution.

The HARMs Program has been in practice elsewhere for many years and appears to be effective at identifying people that may be harmed by these medications.

**For more information, please visit:**

**[www.harmsprogram.ca](http://www.harmsprogram.ca)**

