

Rules for Prescribing Controlled Substances for the Treatment of Obesity

Effective February 28, 2023, the Ohio Administrative Code 4731-11-04 – *Controlled Substances for the Treatment of Obesity* has been updated. Please note, *this OAC is for those drugs classified as schedule III and IV only.*

A summary is listed below:

1. A prescriber may prescribe only those schedule III/IV drugs with an FDA approval (*that bears appropriate FDA label indicating approval of use for weight loss*) for the treatment of obesity, in addition to other lifestyle interventions for treatment of obesity such as caloric restriction.
2. Before prescribing these drugs for the treatment of obesity, the following must occur, *along with documenting the rationale for initiation or re-initiation of treatment utilizing a controlled substance for chronic obesity*
 - a. Prescriber shall review their own records and other treating provider records to determine the patient's past efforts to lose weight (i.e., nutritional counseling, intensive behavior therapy, exercise, etc.)
 - b. The prescriber must conduct the following AND document in the patient's medical record:
 - i. Obtain a thorough history
 - ii. Perform an appropriate physical examination
 - iii. Determine the patient's BMI
 - iv. Rule out the existence of any contraindications and adverse side effects of the controlled substance
 - v. Assess the patient's freedom from signs of drug or alcohol abuse
 - vi. Review the patient's OARRS report and prescription history for preceding 12 months
 - vii. Develop a treatment plan that includes at a *minimum* a diet and exercise program for weight loss
 - c. The prescriber should not start treatment of obesity with a controlled substance if any belief or concerns of the following:
 - i. Patient has a history or propensity of drug or alcohol abuse or has made false statements about drug or alcohol use
 - ii. Patient has been non-compliant with use of other prescribed controlled substances
 - iii. Patient is pregnant
 - iv. Patient has a BMI that is less than 30, unless the BMI is at least 27 with other co-morbid conditions such as: *type 2 diabetes, cardiovascular disease, hypertension, hyperlipidemia, obstructive sleep apnea, nonalcoholic fatty liver disease, osteoarthritis, insulin resistance, metabolic syndrome, pre-diabetes, or major depression*
 - v. Patient has any condition that would contraindicate the use of these controlled substances for weight loss.

3. Patient must be assessed once in the first three months and must document the patient's efforts to lose weight, dedication to the treatment plan, response to treatment, contraindications, adverse effects, and any indications of substance abuse that would require cessation of the controlled substances for obesity.
4. Kettering Health Medical Group providers should NOT be *personally furnishing* any of the controlled substances for weight loss as this is against current policy. KHMG providers should only be '*prescribing*', not *personally furnishing*.
5. Providers should not continue to prescribe the controlled substances for weight loss if the patient has not achieved a weight loss of at least 5% of the patient's initial weight during the initial 3 months that the patient has been treated using the controlled substance for weight loss.
6. The prescriber must assess the patient at least once every 3 months and shall obtain/document the following:
 - a. Weight
 - b. Blood pressure
 - c. Heart rate
7. For continued prescribing/use of the controlled substance for obesity beyond the initial 3 months, the patient must maintain a 5% weight reduction. This reduction in weight, progress with treatment plan, and the review of the patient's OARRS report must be documented in the medical record.
8. The prescriber should cease prescribing of the controlled substance for weight loss immediately if any of the following apply/occur:
 - a. Patient makes false statements regarding drugs or alcohol use.
 - b. Patient has consumed controlled substance other than those in strict compliance with the treating physician.
 - c. Patient is not achieving weight loss of 5% after three months while under treatment.
 - d. Patient demonstrates any signs that the controlled substances are not safe or tolerated.
 - e. Patient has repeatedly failed the prescriber's treatment plan.
 - f. Patient becomes pregnant.

[Rule 4731-11-04 - Ohio Administrative Code | Ohio Laws](#)