

Controlled Substance Policy

TeleDirectMD | Effective April 16, 2026

TeleDirectMD maintains a strict policy regarding controlled substances. This document explains what medications are and are not available through our telehealth practice.

Policy Statement

TeleDirectMD does not prescribe controlled substances (Schedule II–V) under any circumstances. This is a firm, practice-wide policy with no exceptions. Requests for controlled substances cannot be fulfilled through TeleDirectMD, and you will not be prescribed any controlled substance during your visit.

What Are Controlled Substances?

Controlled substances are medications regulated by the U.S. Drug Enforcement Administration (DEA) under the Controlled Substances Act. They are classified into five schedules (Schedule II through Schedule V) based on their potential for abuse and dependence.

Schedule	Examples	Common Brand Names
Schedule II (High abuse potential)	Opioids, amphetamines, methylphenidate, fentanyl	OxyContin, Percocet, Vicodin, Adderall, Ritalin, Concerta
Schedule III (Moderate potential)	Testosterone, buprenorphine, ketamine, anabolic steroids	Suboxone, Tylenol with Codeine #3
Schedule IV (Lower potential)	Benzodiazepines, sleep aids, tramadol, carisoprodol	Xanax, Valium, Ativan, Klonopin, Ambien, Lunesta, Soma
Schedule V (Lowest potential)	Low-dose codeine cough syrups, pregabalin	Robitussin AC, Lyrica

What TeleDirectMD Does Prescribe

TeleDirectMD prescribes a wide range of **non-controlled medications** including but not limited to:

- **Antibiotics** — for infections (UTI, sinusitis, strep throat, cellulitis, etc.)
- **Antivirals** — for influenza, COVID-19, herpes, shingles
- **Topical medications** — for acne, eczema, rosacea, fungal infections
- **Allergy medications** — antihistamines, nasal sprays, EpiPen refills
- **Chronic disease refills** — blood pressure, cholesterol, thyroid, diabetes, asthma, acid reflux medications
- **Women's health** — birth control, yeast infection, bacterial vaginosis treatments
- **Men's health** — erectile dysfunction medications
- **Lifestyle** — hair loss, anti-aging, smoking cessation, motion sickness

Why This Policy Exists

This policy reflects TeleDirectMD's commitment to patient safety and compliance with federal and state regulations governing telehealth prescribing. Key reasons include:

- **Patient safety** — Controlled substances carry significant risks of dependence, misuse, and adverse effects that require close in-person monitoring.
- **Federal law** — The Ryan Haight Online Pharmacy Consumer Protection Act imposes strict requirements on prescribing controlled substances via telehealth.
- **State regulations** — Many states impose additional restrictions or outright prohibitions on telehealth prescribing of controlled substances.
- **Standard of care** — In-person evaluation is generally the standard of care for initiating or managing controlled substance therapy.

If You Need a Controlled Substance

If you require a controlled substance prescription, please contact your primary care physician, a local urgent care clinic, or a pain management specialist who can provide an in-person evaluation. TeleDirectMD can assist with referrals if needed.

Contact Information

TeleDirectMD

Provider: Dr. Parth Bhavsar, M.D., Board-Certified Family Medicine

Location: Alpharetta, Georgia

Email: contact@teledirectmd.com

Phone: (678) 956-1855

Website: teledirectmd.com

Privacy Policy: teledirectmd.com/privacy-policy

Terms of Service: teledirectmd.com/terms-of-service