

Controlled Substance and Prescribing Policy

TeleDirectMD

Effective October 31, 2026.

1. Our policy

TeleDirectMD does not prescribe controlled substances. This is a practice-wide rule with no exceptions.

- We do not prescribe any drug in federal Schedules II to V.
- We also do not prescribe any drug that the state you are in during your visit treats as a controlled substance, even if federal law does not. Virginia's Schedule VI, which covers ordinary prescription drugs, is not part of this rule.
- This policy applies regardless of any federal telemedicine flexibilities.
- We will not prescribe a controlled substance at your visit, including refills of one another clinician started.

2. No GLP-1 medications

We do not prescribe GLP-1 medications, such as semaglutide (for example Ozempic, Wegovy and Rybelsus) or tirzepatide (for example Mounjaro and Zepbound), for any reason. This includes diabetes, weight loss, compounded versions, and refills of a GLP-1 medication another clinician started.

3. 90-day limit

We do not prescribe more than a 90-day total supply of any medication from a visit, counting the first fill and all refills together. For longer treatment, please see your primary care physician, or book another visit so Dr. Bhavsar can check how the medication is working for you.

4. What are controlled substances?

Controlled substances are medications regulated by the U.S. Drug Enforcement Administration under the Controlled Substances Act because they can be misused or cause dependence. Examples of the kinds of medications we do not prescribe:

Schedule	Examples	Common brand names
Schedule II	Most opioid pain medicines (such as oxycodone, hydrocodone and fentanyl), amphetamines, methylphenidate	OxyContin, Percocet, Adderall, Ritalin, Concerta
Schedule III	Testosterone, buprenorphine,	Suboxone

Schedule	Examples	Common brand names
	ketamine, anabolic steroids, acetaminophen with codeine	
Schedule IV	Benzodiazepines, some sleep medications, tramadol, carisoprodol	Xanax, Valium, Ativan, Klonopin, Ambien, Lunesta, Soma
Schedule V	Low-dose codeine cough syrups, pregabalin	Lyrica

This table gives examples only. It is not a complete list.

5. What Dr. Bhavsar may prescribe

When clinically appropriate, Dr. Bhavsar may prescribe non-controlled medications such as:

- Antibiotics for infections such as urinary tract infections, sinus infections, strep throat and cellulitis
- Antivirals for influenza, COVID-19, herpes and shingles
- Topical medications for acne, eczema, rosacea and fungal infections
- Allergy medications, such as antihistamines, nasal sprays and epinephrine auto-injector refills
- Refills for ongoing conditions such as high blood pressure, high cholesterol, thyroid conditions, diabetes (not GLP-1 medications), asthma and acid reflux
- Women's health, such as birth control and treatment for yeast infections and bacterial vaginosis
- Men's health, such as erectile dysfunction medications
- Other care, such as hair loss, cosmetic skin concerns when clinically appropriate, smoking cessation and motion sickness

A visit does not guarantee a prescription. Dr. Bhavsar decides at each visit whether a medication is safe and appropriate for you. You choose the pharmacy.

6. Why we have this policy

- **Safety.** Controlled substances carry real risks of dependence, misuse and side effects, and usually need close in-person monitoring.
- **Federal law.** The Ryan Haight Online Pharmacy Consumer Protection Act sets strict requirements for prescribing controlled substances over the internet.
- **State law.** Many states add their own limits on prescribing controlled substances by telehealth.
- **Standard of care.** Starting or managing controlled substance treatment generally calls for an in-person evaluation.

7. If you need one of these medications

If you need a controlled substance, a GLP-1 medication, or more than a 90-day supply, please see your primary care physician, a local urgent care clinic, or a specialist who can evaluate you in person. If you ask, Dr. Bhavsar can help you find local in-person care.

If you are in pain or distress that feels like an emergency, call 911. For a mental health crisis, call or text 988.

8. Who provides your care

Your care is provided by the practice for the state you are in during your visit: Parth Bhavsar Medical Corporation in California; Parth Bhavsar Medicine PLLC, doing business as TeleDirectMD, in New York; TeleDirectMD, PLLC in Texas; and Mahavir Health Services LLC, doing business as TeleDirectMD, in all other states we serve and Washington, D.C. Each practice is owned and controlled by Parth Bhavsar, MD, a board-certified family medicine physician.

9. Contact us

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