

<b>Case Number:</b>	CM13-0036605		
<b>Date Assigned:</b>	12/13/2013	<b>Date of Injury:</b>	03/20/2004
<b>Decision Date:</b>	08/01/2014	<b>UR Denial Date:</b>	09/18/2013
<b>Priority:</b>	Standard	<b>Application Received:</b>	10/21/2013

### HOW THE IMR FINAL DETERMINATION WAS MADE

MAXIMUS Federal Services sent the complete case file to an expert reviewer. He/she has no affiliation with the employer, employee, providers or the claims administrator. The expert reviewer is Board Certified in Family Medicine and is licensed to practice in California. He/she has been in active clinical practice for more than five years and is currently working at least 24 hours a week in active practice. The expert reviewer was selected based on his/her clinical experience, education, background, and expertise in the same or similar specialties that evaluate and/or treat the medical condition and disputed items/services. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

### CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

A 62 yr. old male claimant sustained a work injury on 3/20/04 involving the low back. He has a diagnosis of lumbar pain post surgery (Lumbar Laminectomy, Discectomy and Fusion) and failed back syndrome. He has a history of hepatitis C and has been on Norco for several years for pain control as well as Fentanyl patches. He has also undergone epidural steroid injections. A progress note on 7/30/13 indicated he couldn't tell when he has to urinate or have a bowel movement. He was treated with Colace 100 mg 4 times a day.

### IMR ISSUES, DECISIONS AND RATIONALES

The Final Determination was based on decisions for the disputed items/services set forth below:

**Colace 100mg #120:** Upheld

**Claims Administrator guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines.

**MAXIMUS guideline:** Decision based on MTUS Chronic Pain Treatment Guidelines Opioids Page(s): 77.

**Decision rationale:** According to the MTUS guidelines, prophylaxis for constipation should be initiated for those on opioids. In this case, the claimant had been on opioids for several years without constipation. There is no indication to treat it after prolonged use of opioids and no constipation symptoms. The use of Colace 4 times a day is not medically necessary.

