



River Valley BHWC Medication Refill Policy

Scheduling Appointments for Medications

River Valley BHWC requires medication management visits on a regular basis for all patients who are prescribed medications. The frequency of your appointments will be determined by the nurse practitioner and based on the medication prescribed. The average interval for follow up appointments range between 4 weeks and up to 12 weeks on average. You will receive prescriptions during your appointment, and in most cases, will be given enough refills to last until your next appointment. All new patients must have an office visit before any prescription medication is prescribed.

Refill Request Planning

Patients are responsible for submitting their request for refills to their pharmacy and/or scheduling regular office visits at least **2 WEEKS PRIOR TO RUNNING OUT OF MEDICATION**. Fulfilling a refill request can take up to **5 BUSINESS DAYS** to process so please plan ahead and follow the protocol below.

WE CANNOT REFILL PRESCRIPTIONS IF YOU ARE OVERDUE FOR YOUR FOLLOW-UP APPOINTMENT. If you are overdue for an appointment, please then call River Valley Behavioral Health & Wellness Center to schedule an appointment. Your pharmacy should notify you that you have no refills on your prescriptions.

Adverse drug withdrawal events are not expected after stopping stimulants. Abruptly stopping antidepressants may cause people to experience some of the following symptoms: fatigue, achiness, headache, sweating, nausea, lightheadedness, tingling, electric-like sensations or "brain zaps", depression, anxiety, irritability. If symptoms do arise and feel unmanageable, or you have any thoughts of hurting yourself or others, you should be assessed in the emergency room.

Non-controlled Substance Prescriptions

A prescription with refills as appropriate will be given to you or sent to your pharmacy during your appointment. **If you require a refill prior to your next appointment, please contact your pharmacy** and have them fax a refill request to River Valley Behavioral Health & Wellness Center at (952) 746-0582. **Please do NOT contact the office to request refills.**

Controlled Substance Prescriptions

Some medications are strictly regulated by the Drug Enforcement Agency. These include benzodiazepines (e.g., clonazepam), hypnotics (e.g., Ambien), and stimulants (e.g., Adderall). Early refills cannot be provided for these medications, even if you are going out of town or your medication is lost or stolen.

Due to variations in state laws, your provider will only submit electronic prescriptions for controlled substances to a pharmacy located in the state of MN. Due to legal limitations for the amount of refills that can be provided for controlled substances, we require follow up appointments every 8 to 12 weeks or more frequently if recommended by your provider for anyone prescribed a control substance. If a patient has not been seen in greater than 12 weeks, refill requests will be denied by our nurse practitioners and an appointment will be necessary before consideration of a refill.

Stimulant medications require the nurse practitioner's original signature. You have the option of picking up a hard copy at the front desk or having it electronically submitted to your pharmacy. **A new prescription is required every time a stimulant medication is filled.** The new prescription can be mailed to your home or pharmacy, or you can pick it up at the front desk during regular business hours. Please note that your provider may not work Monday-Friday. Please keep this in mind when you need a refill of a stimulant.

Pharmacy Tip: When calling the pharmacy, it is recommended that you do not use the automated system with only the prescription number unless you are certain the date corresponds with your last appointment/prescription. It is recommended that you speak to the pharmacist directly if you feel there is a miscommunication and give them your name and the name of your medication. If you are told by the pharmacy that you have no refills, but you were recently seen and told a prescription was being sent in, ask the pharmacy to check for a new prescription. Also, the pharmacy's automated system doesn't recognize new prescriptions, which have a different RX # than your previous bottle.