

### How often do I need to be seen to refill my prescription?

This will depend on what type of medication you are requesting. You will need to be seen at the minimum of once yearly for an in-person appointment for all refills, but many medications require more frequent appointments which may be in-person or virtual.

Certain prescriptions (such as thyroid and HRT) require routine lab work. The frequency of medication-monitoring and appointments may vary depending on your specific situation. Your provider will give you specific follow-up instructions. Below are the typical expectations of appointment frequency based on different types of prescription refills.

All prescription refill requests should first be directed to your pharmacy and not IMC.

<b>Medication Class</b>	<b>Examples</b>	<b>Appointment Frequency Minimum</b>
All medications	-	Once per year (in person appointment)
Stimulants (ADHD medications) & other Schedule II	Amphetamine/Adderall, Methylphenidate, Vyvanse, Oxycodone, Hydrocodone	Once every 3 months
Schedule III - IV	Benzodiazepines (Ativan, Xanax, Valium), Tramadol, Ambien, Testosterone	Once every 6 months
Schedule V	Lyrica, Lomotil	Once per year
Anxiety/Depression Meds (Non-scheduled)	SSRI/SNRI's, Zoloft, Lexapro, Prozac	New Rx: Return in one month Stable Dose: Once per year
Thyroid Medications	Levothyroxine, Liothyronine, NP Thyroid, T3/T4	New Rx or Dose change: Return in 1-3 months Stable Dose: Once per year
HRT	Estradiol, Progesterone	New Rx or Dose Change: Return in 2-3 months Stable Dose: Once per year

	Testosterone (Schedule III)	New Rx or Dose Change: Return in 2-3 months Stable Dose: Once every 6 months
Blood Pressure/Cardiovascular Medications	Lisinopril, Losartan, Metoprolol	New Rx: Return in 1 month Stable Dose: Once per year
Vitamin Injections	Cyanocobalamin, Methylcobalamin	Once every 6 months
	Vitamin D3	Once every 3 months