

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.

| Medication Class | Examples | Appointment Frequency Minimum |
|---|---|---|
| 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 |