



# Rx Guide

Smart Tips for Managing Your Prescriptions



Forks Community Hospital Rural Health Clinics in partnership with Chinook Pharmacy

# Helping You Stay on Top of Your Prescriptions

Forks Community Hospital Rural Health Clinics, in partnership with Chinook Pharmacy, are here to help you better understand your prescriptions and medication practices. Our goal is to provide you with the information you need to stay on top of your medications, improve your health, and receive the best possible care.



## Rx Guide

Follow these best practices to stay safe and on schedule.



# Many factors can affect prescription fill time.



Whether filling a prescription for the first time, renewing, or refilling, your pharmacist and their team need to follow procedures with your safety as the priority each step of the way. There are many factors that can affect the time it takes to fill your prescription, like:

- Reviewing patient medical, medication, and allergy history
- Checking for potential adverse interactions
- Patient consultations
- Availability of medication
- Insurance complexities
- Special handling and administration instructions

While there are some delays that can't be avoided, there are some steps you can take to help keep your prescriptions updated and ready on time when you need them.



Refilling prescriptions before you run out, or if a prescription renewal requires a visit with your healthcare professional, be sure to schedule your appointment well ahead of time.



If you have refills available on your prescription, calling the pharmacy to use their automated refill process or using the local pharmacy's Rx Local App are great ways to streamline the refill process!





## REFILLING & RENEWING FAQs

# PLAN AHEAD



Waiting until your refills run out or taking an expired prescription can be dangerous.

### What's the difference between a prescription renewal and refill?

When a healthcare professional writes you a prescription, they will determine whether or not to include refills, as well as how many you can have. If you are eligible for refills, you can order a new supply of your medication. Check your Rx label. It will tell you if refills are available and how many.

### When should a prescription be refilled?

Since refilling a prescription is a process, it is important to refill your medication **BEFORE** you run out. Don't wait until the last minute.

### What happens when you run out of refills?

If you have run out of refills or a prescription has expired, it's time for renewal. Your healthcare professional may write a new prescription, sometimes after an appointment. An efficient and preferred way to communicate Rx refill or renewals is through your patient portal.



# Take a proactive approach to renewing or refilling your prescription.

For many medications, taking them in a timely or time-specific manner minimizes side effects and ensures effectiveness. For those managing chronic illness, consistent medication adherence is critical to managing symptoms.

There are some steps you can take to avoid potential delays and prevent complications like:



Check your prescription label(s) and initiate the renewal or refill process while you still have at least a week's worth of medication remaining.



Avoid waiting until you're completely out of a medication.



If you are going out of town, plan to refill your prescription well before you leave.



If you have refills available on your prescription, calling the pharmacy to use their automated refill process or using the local pharmacy's Rx Local App are great ways to streamline the refill process!

## Follow medication directions, schedules, and doses.

Managing medication(s) can be complicated, especially if you are taking several prescriptions.



Some tips for following a medication schedule include:

All members of your healthcare team, including your pharmacist, should have a complete list of your current medications (both prescription and over-the-counter), supplements, and vitamins to avoid potential problems.

Taking medicines as instructed is vital for your safety. If you have questions you can ask your healthcare professional, as well as your pharmacist.



Use a chart, calendar, or schedule to track your daily medication



Set alarms or reminders to take medications



Use a pill organizer to make sure you take the right dose at the right time



Monitor your supply, and take proactive steps to renew or refill





# Properly use, store, and dispose of medicines.

Medication labels include specific and important instructions for administration, dosage, storage, and disposal. Practicing medication safety at home could prevent a health emergency.

Some things you can do include:

You can bring expired or unused medications to Chinook Pharmacy.

For expired medications, Chinook Pharmacy has a mail-back medication program for patients to mail expired/unused medications.



- ↓ Read all labels.
- ↓ Follow all instructions from your pharmacist or healthcare professional.
- ↓ Take medicine on time and confirm the dose
- ↓ Use the proper measuring tool, especially with children. (Do NOT use household spoons.)
- ↓ Keep medications properly stored and stored away from children's reach.
- ↓ Do not take expired medications or medications that are not prescribed for you.
- ↓ Do not take medicines that have the same active ingredients.
- ↓ Dispose of any expired or unused medications properly.

## Schedule Your Annual Wellness Exam



An annual wellness exam is a perfect time to discuss your overall health and wellness, and review your prescriptions. Have you scheduled your exam for 2025?

Visit <https://www.forkshospital.org/rhcs> for a full listing of clinic services, locations, and hours.

## Request Prescription Refills with MyChart



Have you downloaded the MyChart app yet? You can manage appointments, communicate with your healthcare team, and even request prescription refills. Visit <https://www.ccmymchart.org/fch> to sign up today!





# How to Request Refills from Chinook Pharmacy

11 S Forks Ave  
Forks, WA 98331

360-374-2294

- Call the pharmacy: 360-374-2294
- Respond to NimbleRx Refill reminder text messages (usually 3 days before)
- Use RxLocal App
- Use their website chinookrx.net

## Put your medication refills on auto-pilot with Med Sync!

Our medication synchronization service can save you time and ensure your prescriptions are always ready when you need them.

- Receive all your medications on the same day each month, reducing the need for multiple trips to the pharmacy.
- Sign up for the service by calling us or speaking with one of our team members during your next visit.

To sign up for Med Sync:

Call the pharmacy: 360-374-2294  
Fill out the form on our website:  
[pharmacyforks.com/med-sync/](http://pharmacyforks.com/med-sync/)



### How to Pickup Your Prescriptions:



**Pickup at the Pharmacy** (free)



**Delivery** (\$8 charge with free delivery available to Med Sync patients in the Forks area)



**Mail** (\$5 charge with free mail available to Med Sync Patients)



Learn more about Nimble, the app to pay for prescriptions before you come in at:  
**[nimblerx.com/patients](http://nimblerx.com/patients)**