

Top Tips from your Nurse

PRESCRIPTIONS

If you need prescriptions written, **tell your doctor**. Remember, only a doctor can write prescriptions. Please remember to mention it in the exam room instead of waiting until you are leaving.

Please remember that by law, prescriptions for most pain medications **must** be picked up in person and cannot be called in to a pharmacy.

Don't pay for a medication with a very high co-payment; call us first, as there may be an equivalent medication that is covered better by your insurance, or a co-pay assistance program to help.

Prescription refill calls can take up to 48 hours...so ask for it **today!**

INSURANCE

Please let us know **as soon as possible** if your insurance coverage is scheduled to change. And if you are losing coverage, please contact social worker Lisa McLaughlin to discuss options for continued coverage. If you wait until after the change to let us know, your treatment may be delayed.

VISIT & TREATMENT DAYS

Tell your doctor or nurse about any side effects you may be having, even if they are embarrassing. Things like vomiting or diarrhea can be treated. Don't suffer in silence!

If in doubt...**ask!** We would much rather take an extra minute to explain something again than have a misunderstanding that delays treatment.

Be sure to **bring any medicine** (like pain medication) that you may need to take during the day.

Eat before you come! Sometimes there are unavoidable waits, or you have a long treatment scheduled. There are occasionally snack items available in the offices, but this is not guaranteed. Feel free to bring your own snack!

Please be mindful of others in the waiting and treatment areas by keeping your voice low and refraining from lengthy cell phone conversations.

PHONECALLS

When calling in to leave a message for a nurse, please speak clearly, spell your name and provide a call back number and your birth date.

Your nurse can get your medical chart and call you back faster this way.