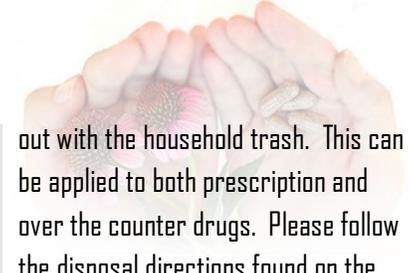


# THE DAILY VITAMIN



**Important Phone Numbers:**

**Clinic Pharmacy**  
Tel: (813) 827-9300  
M-F: 07:30-5:00 pm

**PharmaCARE Center**  
Tel: (813) 828-2226  
M-F: 0830-5:00 pm

**Drive Thru-Refill Pick-Up Center**  
Tel: (813) 827-6764  
M-F: 0830-5:00 pm  
Sat: 0900-12:00 pm

**Brandon Pharmacy**  
Tel: (813) 827-9736  
M-F: 0730-8:00 pm

**Mandatory Refill Call-In System:**  
(813) 828-5367/ (800) 272-0201  
-or-

TRICARE Online (TOL): <https://www.tricareonline.com>

All Pharmacies will CLOSE at **noon** for Training Day: 21 Sept 2011

## Drug Take Back Day Save the Date: September 23rd and 24th

Is your medicine cabinet filled with expired medications or drugs you no longer use? What are you waiting for? Bring them with you to the pharmacy for Drug Take Back Day! On September 23rd and 24th, MacDill pharmacy will be holding a drug take back event for all medications to be collected and properly disposed.

Due to changes in health conditions, drug allergies, adverse drug reactions, or non-compliance many people end up with excess or leftover medications accumulating in their medi-

cine cabinets. Leftover medications can lead to accidental poisoning, diversion, misuse and abuse, or threats to the environment due to improper disposal. So please help us in our efforts to protect your family, pets and the environment from harm, by properly disposing of your medications.

What if you can't make it to Drug Take Back Day? What should you do with your bagful of expired medications? The FDA recommends flushing certain medications down the toilet (see List below), however, medications that are not on this list can be thrown

out with the household trash. This can be applied to both prescription and over the counter drugs. Please follow the disposal directions found on the prescription label or information sheet that comes along with the medication for proper disposal.

Before Throwing Away Medications:

1. Check instructions for proper disposal
2. Take them out of original containers
3. Mix them with an undesirable substance (kitty litter or coffee grounds)
4. Place them into a sealable bag or empty container
5. Remember to deface or scratch out the prescription label to protect your identity and privacy

Medicines Recommended for Disposal By Flushing	
Medicine	Active Ingredient
Actiq, oral transmucosal lozenge	Fentanyl Citrate
Avinza, capsules (extended release)	Morphine Sulfate
Daytrana, transdermal patch	Methylphenidate
Demerol, tablets and oral liquid	Meperidine HCl
Diastat/Diastat AcuDial, rectal gel	Diazepam
Dilaudid, tablets and oral liquid	Hydromorphone HCl
Dolophine, tablets	Methadone HCl
Durages, patch (extended release)	Fentanyl
Embeda, capsules	Morphine sulfate
Exalgo, tablets	Hydromorphone HCl
Fentora, tablets (buccal)	Fentanyl citrate
Kadian, capsules (extended release)	Morphine sulfate
Methadone, oral solution	Methadone HCl

Medicines Recommended for Disposal By Flushing	
Medicine	Active Ingredient
Methadose, tablets	Methadone HCl
Morphine Sulfate, tablets and oral soln	Morphine sulfate
MS Contin, tablets (extended release)	Morphine Sulfate
Onsolis, Soluble film (buccal)	Fentanyl Citrate
Opana, tablets (immediate release)	Oxymorphone HCl
Opana ER, tablets (extended release)	Oxymorphone HCl
Dramorph SR, tablets (sustained release)	Morphine Sulfate
Oxycontin, tablets (extended release)	Oxycodone HCl
Percocet, tablets	Acetaminophen and Oxycodone HCl
Percodan, tablets	Aspirin and Oxycodone HCl
Xyrem, oral solution	Sodium Oxybate

# THE DAILY VITAMIN

## Formulary Updates

### Additions:

- Prenatal Vitamins with DHA (PNV)
- Boniva® 3mg/3ml Kit
- Clarithromycin 250mg (Biaxin®)
- Prednisolone 15mg/5ml Soln (Orapred®)
- Tizandine 2mg and 4mg (Zanaflex®)
- Mycophenolate 250mg (Cellcept®)
- Doryx® 150mg
- Solodyn® ER 65mg
- Desquam-X Wash 5% and 10%
- Fosamax-D® 70/5600
- Humira®
- Lovaza®

### Deletions:

- Lavoclen 8% Wash

The Pharmacy welcomes your ideas and suggestions on how we may improve our services. Find us online at [www.macdill.af.mil](http://www.macdill.af.mil) for more information.

## Transferring Prescriptions Made Easy

Tired of paying TRICARE co-payments for your prescriptions at your neighborhood pharmacy? Why spend your hard earned money for prescriptions we can provide for free? Talk to us...we may be able to help. Transferring your prescriptions to the MacDill AFB pharmacy is quick and easy. Simply, give us your prescription information and we'll take care of the rest. Our pharmacies can transfer your prescriptions (both controlled and non-

controlled) to our pharmacy from any civilian or Department of Defense pharmacy upon verification from the original pharmacy. Prescription transfers to MacDill AFB are worked during normal duty hours and may require up to three working days to complete. If needed, an emergency supply of non-controlled medications may be provided so you don't miss any doses. So if you and your family have just moved here from another base or if you are just visiting for a few months, we can

take care of your pharmacy needs. For more information on transferring your prescriptions to us, talk to one of our helpful staff members.



## Introducing Prescription Text Alerts

Would you like to be notified when your prescriptions are filled and ready for you to pick up? Try our new text message system at the PharmaCare. With this service you will be notified the minute your new prescriptions are ready. Leave us your mobile number when you drop

off your prescriptions, then feel free to run your errands or shop at the Exchange/Commissary. We'll send you a text message when your medications are ready to be picked up. As a reminder, new prescriptions will be available for pick up inside the PharmaCare

until 5pm on the day you drop them off. If you decide that you want to come back the next day, your prescriptions will be ready for you at the drive-thru.

## Stay Up to Date-Anywhere, Anytime

Be the first to know what's going on at the MacDill AFB pharmacy. You can find the MacDill pharmacy on **Facebook** by searching for 6th Medical Group Pharmacy or by visiting [www.macdillpharmacy.com](http://www.macdillpharmacy.com).

and get up to date information on our services, medication formulary and hours of operation. In addition, you will find links to various websites that will assist beneficiaries in maximizing their pharmacy benefit,

to include TRICARE and Express Scripts.

