



When you move between campus and home, your prescriptions can move with you. Most transfers are quick and easy. Here's what you need to know.

MOST MEDICATIONS: 4 EASY STEPS

- 1 Pick your new pharmacy.** See the Northfield options at right, or use one back home — either direction works.
- 2 Reach out to the new pharmacy, not the old one.** Call, use their website or app, or ask any staff member in person.
- 3 Tell them what you need transferred.** Have your info ready (see checklist at right). The pharmacies handle the rest directly, pharmacist to pharmacist.
- 4 Allow a little time.** Most transfers finish within 24 hours, often same-day. Call ahead if you're running low.

CONTROLLED MEDICATIONS WORK DIFFERENTLY

STIMULANTS (ADDERALL, RITALIN, CONCERTA, VYVANSE, FOCALIN, ETC.)

These are Schedule II medications, which by law can never have refills — every month requires a brand-new prescription. So there's often nothing to "transfer." Once a prescription has been filled at one pharmacy, your provider needs to send the next one electronically, straight to your new pharmacy.

An *unfilled* Schedule II prescription can be transferred electronically, pharmacy to pharmacy — but only **once**, only **electronically** (never by phone or paper), and only before it's been filled.

ANTI-ANXIETY & SOME SLEEP MEDICATIONS (E.G., XANAX, KLONOPIN, ATIVAN)

These Schedule III–V medications can generally be transferred once between pharmacies, similar to routine medications — though Minnesota requires extra paperwork on the pharmacy's end, so it may take a bit longer.

HEADS UP: even when the law allows it, some pharmacies have their own internal policies against transferring controlled substance prescriptions. Legal doesn't always mean guaranteed — call your new pharmacy first to confirm they'll take the transfer.

Bottom line: If you take a stimulant, benzodiazepine, or other controlled medication, call your prescriber's office **3–5 business days** before you'll need your next fill whenever you're switching pharmacies. Don't wait until the bottle is empty.

PHARMACIES NEAR CAMPUS

Sterling Pharmacy delivers to campus
507-645-4455 · 700 Division St. S.

Walgreens
507-645-9658 · 401 Fifth St.

Cub Foods Pharmacy possible delivery
507-664-9029 · 2423 Hwy 3 S.

Family Fare Pharmacy possible delivery
507-645-4489 · 601 Division St.

CVS Pharmacy (in Target)
507-403-4014 · 2323 MN-3 S.

HAVE THIS READY

- ☐ Your full name & date of birth
- ☐ Medication name(s) & dose
- ☐ Old pharmacy's name & phone number
(*check your pill bottle label*)
- ☐ Your new pharmacy's info, if calling your prescriber

GOOD TO KNOW

- ☐ Health Service does not stock or dispense medications on campus.
- ☐ Sterling delivers to the campus post office in plain packaging; Cub Foods and Family Fare may also offer delivery — ask when you call.
- ☐ Pharmacy hours & delivery options can change — call ahead to confirm.

Questions? St. Olaf College Health Service

507-786-3063 · New Hall, east entrance · 1520 St. Olaf Ave., Northfield, MN
Mon–Fri, 8:00am–5:00pm (closed 12–1pm) · Closed summers & college holidays