

## OPTION 1

Dear Patient,

I have prescribed you FDA generic sildenafil at a generic medication warehouse.

**HealthWarehouse:** It is located in Florence, Kentucky

Please log in to **HealthWarehouse.com** and set up an account.

**<https://www.healthwarehouse.com>**

After you set up an account, **click Login or My Account** at the top of any page and enter your e-mail address and password.

**You must set up an account in order to be linked with the electronic prescription. This takes approximately 3 days. If you call before the electronic prescription is linked you will be told that the prescription has not been received. All prescriptions are sent electronically on the day of your office visit.**

If you have questions or concerns, please feel free- to contact them at **[support@healthwarehouse.com](mailto:support@healthwarehouse.com)** or by phone at 1-800-748-7001.

**YOU MUST SET UP AN ACCOUNT BEFORE YOU CALL THEM.**

**Your prescription for sildenafil 20mgs has already been sent electronically on the day of your visit to healthwarehouse. As previously pointed out you must set up an account in order for the prescription to be linked to you. This process takes 3 days.**

The prescription is 90 pills and is renewed 3 times. You need only call them or email them for a refill. **The cost of 90 pills is approximately \$50.** They will mail medication to you. It is not reimbursed by your medical plan; therefore prior authorization is not required. The cost of the medication is frequently less than your co-pay.

You may take the sildenafil daily or as need be. Remember it is only 20mg of sildenafil which is like the 5mg of daily Cialis. I advise my post-prostatectomy patients to take 1 pill every evening. The purpose of the nightly dose is to increase the blood flow, particularly after a radical Prostatectomy. For sexual intercourse you may take anywhere from 1-5 pills at a time.

The best way to take the sildenafil for sexual intercourse **in the evening** is to take it one hour before dinner, while the stomach is empty. A full stomach delays the action of the sildenafil for as long as 1-2 hours. The medication stays in your system for a good 12 hours! If you take the medication 1 hour before eating the medication will be well past the stomach on its way to the small intestine where it is absorbed, by the time that you eat. If you are having sexual intercourse **in the morning**, take the medication before you fall asleep. It will be ready and working for you in the morning.

The side effects of sildenafil are flushing, headache and sometimes indigestion. The worst side effects occur within an hour of taking the medication and they then tend to go away.

**Remember this medication requires sexual stimulation to work.**

**Communication between you in my office is Crucial.**

Please remember to sign up to My Lahey Health portal system if you have not already done so.

**<https://www.mylaheychart.org/>**

OPTION 2



# Medical Center Pharmacy

221 Boston Road  
North Billerica, MA 01862

(978) 663-6584

Dear Dr. canes

E.D. does not have to stand for "Expensive Drugs." With the increasing costs of prescription drugs, you have most likely spoken to many patients about their concerns with the high copays and monthly quantity limits of E.D. medications like Viagra® and Cialis®. We would like to share a solution with you that has helped many of our patients and may benefit some of yours, as well.

Revatio 20mg is now available as a generic drug and contains the same active ingredient as Viagra® (sildenafil). Although it is marketed under a different brand name with a different indication, it is much more cost-effective than the brand name E.D. alternatives. We have seen providers write prescriptions for Sildenafil 20mg with directions like "Take 1 to 5 tablets by mouth as needed ½ to 4 hours prior to intercourse." As you know, many patients already cut their Viagra tablets in half or even quarters to make the most of the number of tablets allotted to them by their insurance companies.

Sildenafil 20mg is not generally covered by insurance companies for the treatment of erectile dysfunction, but at our pharmacy we only charge \$2 per tablet (versus a cash cost of \$45 per Viagra tablet!) for quantities up to 50 tablets. For a bulk quantity of 50 tablets, we charge \$80. To purchase 4 Viagra 50mg tablets out of pocket the patient would have to pay \$180. Even though some insurance plans cover E.D. medications, this coverage often means a \$30-\$85 monthly copay and caps the dispensed quantity to a maximum of 6 tablets per month. Patients who have no prescription coverage, a Medicare D plan that does not cover this type of medication, or have commercial plans with high deductibles or monthly quantity limits have been extremely pleased to finally have a treatment option that not only works, but is also affordable. **We offer free shipping for your patients who do not live near our location.**

If you have any questions, please feel free to contact us at Medical Center Pharmacy at (978) 663-6584

Sincerely,

Sheldon Rubin  
Pharmacist/Owner