
UNDERSTANDING MEDICATIONS AND GETTING REFILLS

YOUTH & YOUNG ADULTS

You are the expert in understanding how medications affect you. Making sure that you continue your medications as you transition to adulthood will be important in managing your symptoms and your health conditions. Learning the skills to advocate for yourself at your provider's office will help you share important information about the effects your medications are having on you.

Helpful Tips:

- Have an adult help you learn the names of your medications. Some medications have brand and generic names, so ask your provider if you can use the generic version.
- Ask your caregiver or provider teach you the reason for why you need to take your medications and how your medications help your health issue.
- Remember to tell your health care provider if you have any trouble taking your medications or if you experience any side effects.
- Bring any prescriptions, over the counter medications, and supplements (if applicable) to your appointments.
- Make a Medication List that includes:
 - Name of the medicine
 - How much you take (dose)
 - Time of day you take the medication
 - Why you are taking the medication
 - What happens if you skip the medication
 - Possible side effects or other medications that might impact the way your medicine works