

# PRE-SHIFT SKILL: MEDICATIONS

## Medications: A Guide for Minnesota Teens

As you take more control over your health care, knowing how to manage your medications and health information is important. Here's how you can be prepared:

### 1. I Know My Allergies to Medicines

Knowing your allergies is important for your safety:

- **Tell the Doctor:** Make sure your doctor knows about any allergies to medicines you have. This helps them choose the right treatment for you.
- **Carry a List:** Keep a list of your allergies with you, either on paper or in your phone, in case you need to share it quickly with doctors or other health professionals.

### 2. I Know My Own Medicines

Knowing about your medicines helps you take them correctly:

- **What You Take:** Make sure you know the name of each medicine you take, what it's for, and how often to take it.
- **Side Effects:** Ask your doctor or pharmacist if there are any side effects to your medicine, so you know what to expect.

### 3. I Know How to Refill My Medicines If and When I Need To

It's important to keep track of your medicines and know when to refill them:

- **Check Your Medicine:** Be mindful of the amount of medicine you have left. Don't wait until the last minute to refill your prescription.
- **Refill Process:** You can refill your medicine by calling the pharmacy, or using your pharmacy's app. Occasionally, your pharmacy may ask you to call your doctor's office for a new prescription, but in general the pharmacy should be your first contact when you want to refill a prescription.

- **Plan Ahead:** Give yourself enough time to refill your prescription before you run out, so you don't miss a dose.

## Additional Resources

For more help with managing medications and health information, check out these resources:

- **Got Transition:** A helpful guide for teens transitioning to managing their own health care. ([gottransition.org](http://gottransition.org))
- **MyChildren's Online Portal:** Sign up for the online portal to access your health records and summaries. ([mychildrens.org](http://mychildrens.org))

Taking control of your medications and health information is an important step toward being independent and staying healthy. You've got this!