

# DEPRESCRIBING INFORMATION FOR TEENS

## WHAT IS DEPRESCRIBING?

A chance to review your medicines with your provider to know why you take them and the pros and cons. The goal is to take the right amount of medicine needed to keep you as healthy as we can.

## WHY DEPRESCRIBE?

- You might be taking more medicines than are needed
- The younger you are, the less we know about how medicines affect your body
- You might have side effects from some medicines
- Things can change, so your medicines might need to change too

## WHAT CAN YOU DO?

### Talk to your family and your healthcare provider

- Ask them about your medicines and whether deprescribing is right for you
- Tell them how you feel about taking your medicines and about any good or bad effects you are having
- You have a right to help decide the best plan for you.
- Refer to the [shared decision guide](#)

### Keep track of each of your medicines

- Why am I taking this? What is being treated?
- What are possible risks or side effects?
- How long have I been on it?
- Do I still need it?

### Take your medicines as prescribed

- Never start, stop, or change your medicines without talking to your doctor. It could cause your illness to get worse. You may need to stay on your medicine(s) to stay healthy.
- Do not share your medicines with others.



**KENTUCKY SAFEMED**

## WHAT ARE PSYCHOTROPIC MEDS?

- These medicines are used to treat mental health problems such as depression, ADHD, and anxiety
- They are used to help manage mood, anger, attention or sleep problems
- It is important to check these medicines to see if they can be decreased or stopped

## EXAMPLES

**Antipsychotics:** Risperdal (risperidone); Abilify (aripiprazole); Seroquel (quetiapine)

**Antidepressants:** Prozac (fluoxetine), Zoloft (sertraline), Celexa (citalopram)

**Stimulants:** Concerta, Ritalin (methylphenidate), Adderall Vyvanse (amphetamines)

**Mood stabilizers:** Depakote (valproate); lithium

**Alpha-agonists:** clonidine; Tenex; Intuniv (guanfacine)

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