

Know about your medication and treatment

In preparation for your transition you should talk to your parent(s)/guardian(s) and health care team so that you can gather information on the following:

Your Medication

- ✚ The name of the medication you take
- ✚ Why you take the medication
- ✚ The exact dosage that you need to take
- ✚ Specific rules or instructions for the medication (for example, any particular storage instructions)
- ✚ Any side effects from the medication
- ✚ The effects that could occur by mixing your medication with other medicine, drugs or alcohol
- ✚ Which chemist you use
- ✚ Which doctor/consultant prescribed the medication for you

Your Tests or Treatments

- ✚ What medical tests have you had?
- ✚ What are the tests for?
- ✚ How often do you need to have the tests?
- ✚ Who carries out the tests?

Your Medical History

- ✚ What surgeries/procedures, if any, have you had?
- ✚ When and where did the surgeries/procedures take place?
- ✚ Who carried out the surgeries/procedures?
- ✚ Have you had any allergic or adverse reaction to any medication/treatment?

If you need to ask advice about your medication and/or medical tests or treatments, speak to your parent(s)/guardian(s) and health care professionals who will be more than happy to give you the information you need.