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Hormone Therapy Guide: Prescriptions 101

This guide will give you tips on filling/refilling your prescription and definitions on some common terms used when talking about prescriptions. All patients, pharmacies, insurances and prescriptions are different and every situation is unique, WE Health Clinic is happy to help you understand the prescription process and answer any questions you may have.

Prescription Tips

- **Review your prescription!** It is a good idea to take a picture of your prescription the first time you get it, and anytime an adjustment is made to your prescription. Each time you fill your prescription, compare the medication you receive to your picture to make sure everything is correct.
- **Choose a pharmacy!** Choose a pharmacy that is convenient for you. Large chain pharmacies have electronic records which may allow you to pick up your prescriptions at their multiple locations. Make sure the pharmacy you choose gets your insurance information.
- **Think Ahead!** As you get close to running out of medication call your pharmacy to have them prepare your refill. This will help you avoid missing any doses. Some pharmacies refill automatically, others may not. Each time fill your medication, ask/look at how many refills you have left (this should be printed and updated on the medication each time).
- **Attend your monitoring visits!** At WE Health Clinic monitoring visits are vital to ensure that your HT is going well and identify any health concerns while on HT. During these visits your doctor will adjust your dosing as needed and provide you with replacement prescriptions as needed. If you do not attend your monitoring visits we may not be able to continue providing you with HT prescriptions.

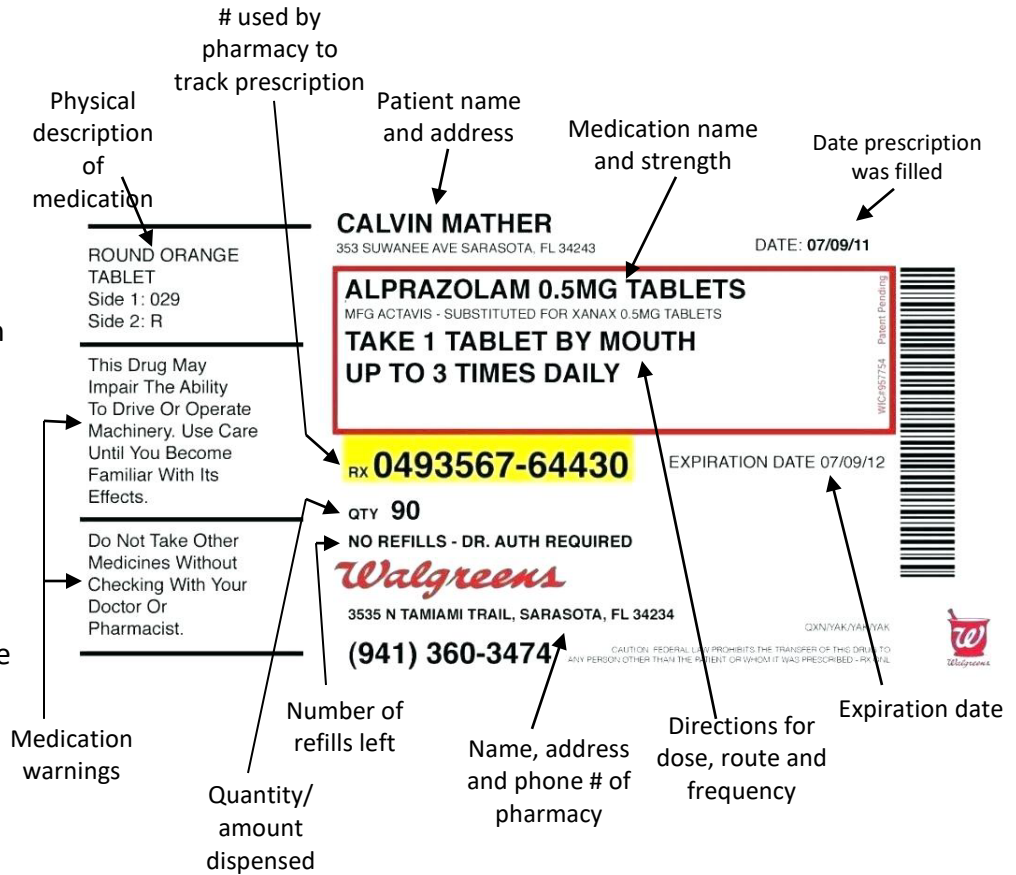
-Prescription: A doctor’s instructions for the preparation and use of a medication, can be written, faxed or given verbally to a pharmacy.

-Dose: Specific amount of medication to be taken at one time e.g. 2mg.

-Route: The path by which medication enters the body e.g. oral or intramuscular.

-Frequency: How often a medication should be taken e.g. once per day

-Concentration “strength”: A ratio used to describe how much drug there is in a given amount of liquid e.g. 100mg/mL – in this example this means that in every 1mL of liquid there is 100mg of medication mixed in.



-Quantity- The amount of medication you will get when you fill the prescription may be written as an amount e.g. “30” pills or the length of time that one refill of your prescription will last e.g. “One month”

-Refills: The amount of times you can get more of your medicine before needing to see your doctor again for a replacement prescription. The number of refills is decided by the doctor and written on your prescription.

-Copay: The amount you pay each time for a prescription. Copays can vary based on your insurance and prescription.

-Controlled Substance: A drug or other substance that is more tightly controlled by the government because it has the potential to be abused or cause addiction. Testosterone is designated as a controlled substance. When a medication is designated as a controlled substance it may limit the amount of refills a doctor can prescribe. Prescriptions for controlled substances might not be allowed to be called or faxed in by your doctor, and you may need to bring in a new paper prescription each time a refill is needed.

Please call WE Health Clinic with any questions or concerns!