

DEPRESCRIBING INFO FOR PARENTS AND CAREGIVERS

WHAT IS DEPRESCRIBING?

A chance to look at each medicine your child takes to help you and your provider know why they take it, and the pros and cons. The goal is to take the right amount of medicine needed to keep your child as healthy as possible.

WHY DEPRESCRIBE?

- Some children take more medicines than needed
- The younger your child, the less we know about how medicines affect their body
- Your child may have side effects from medicines
- Things can change, so your child's medicines might need to change too

WHAT CAN YOU DO?

Talk to your child's healthcare provider

- Ask them about their medicines and whether deprescribing might help
- Discuss how your child feels about taking medicines and about any good or bad effects they are having
- Encourage youth to speak to the provider about this. [Click here](http://uofl.edu/KYsafemed) for a shared decision guide.

Keep track of your child's medicines

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

Make sure your child takes their medicines as prescribed

- Never start, stop, or change your child's medicines without talking to their provider. It could cause the illness to worsen. Your child may need medicines to stay healthy.
- Do not allow your child's medicines to be shared with others.

For more information: [QR code]



KENTUCKY SAFEMED

<http://uofl.edu/KYsafemed>

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

SOME 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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