

Psychiatric Medications at CAPS & Beyond

Step 1: Make an Appointment

- To schedule an appointment, call the CAPS office at **504-314-2277**.
- Indicate your preference for a virtual (telehealth) or in-person appointment.
- Fill out the forms in your Patient Portal **BEFORE** your appointment.

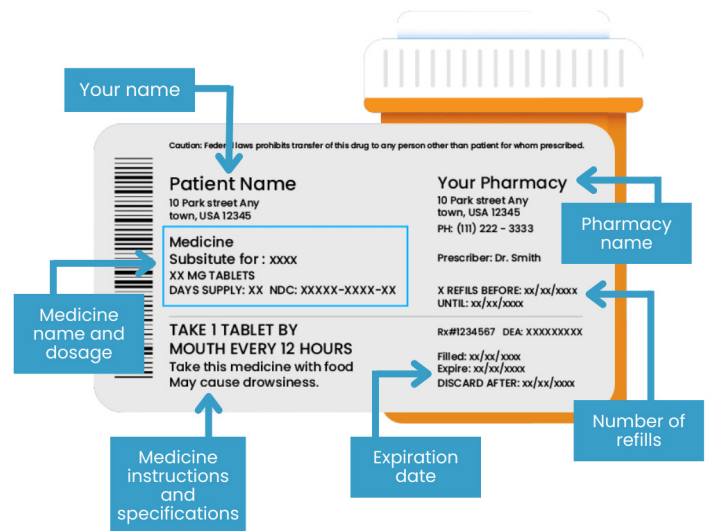
Step 2: Your Consult

- **Be honest with your provider about your mental health symptoms and any concerns you may have.**
- If you are interested in exploring medication options, let your provider know.
- When your provider recommends a medication, always ask about what the medication does, possible side effects, and what to expect from the medication.
- It's important to note that **medication often works best when taken in conjunction with therapy**, so your provider will likely recommend at least a few talk therapy appointments.

Step 3: Picking Up your Prescription

- After your provider writes you a prescription, you will have the option to send it to the Campus Health Pharmacy or a different pharmacy of your choosing.
- It is very important to stay on top of your prescription. **Don't wait until the last minute to call in a refill**, as these can take a few days to process, and you don't want to be without your medication!
- If you wait too long to pick up a prescription after calling in a refill, your medication will be re-shelved, and you will need to contact the pharmacy to re-request the refill.
- At the Campus Health Pharmacy, your prescription will be held for 7 days before it is re-shelved and requires another refill request. Off-campus pharmacies usually wait 7-10 days.

Step 4: Anatomy of a Prescription Bottle



Elements to look for:

- ❑ Pharmacy name
- ❑ Your name
- ❑ Medication name
- ❑ Listed dosage
- ❑ Directions for use
- ❑ Number of refills left
- ❑ Expiration date

Don't hesitate to ask the pharmacist or your provider any questions you may have.

Step 5: Managing your Medication

- Know the medication name and the intended effects.
- Know when and how to take it. Some medications will specify instructions like taking it in the morning, at night, or with food.
- Know the possible side effects including other potential interactions with other drugs and alcohol.
- **If you want to stop or cut down on medication, never go cold turkey!** Always talk to your provider first, they will respect your decision. They can help you properly taper down to avoid unpleasant side effects.
- Take your medication at the same time each day, and avoid skipping days.