

PCI TEEN CLINIC

Take charge of your health...it's your choice!



Teen Clinic Hours:

Tuesday – Friday 8:00am – 3:30pm

Teen Clinic will be closed Dec 25, 2023 - Jan 8, 2024

To book an appointment:

TEXT or Call 204-870-0689 (Provide full name in text)

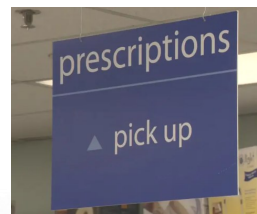
Or Call 204-857-6843 ext. 11609

Jackie Meulpolder	Dr. Shayne Reitmeier	Rebecca Krause	Tracy Ediger	Laine Hill	Sacha Grimeau	Carly Gabler	Kerby Sylvester	Betty Ryzner-Madsen
Receptionist	2SLGBTQ+ Care	Nurse Practitioner	Public Health Nurse	Mental Health & Addictions Nurse	Mental Health Counsellor	Registered Dietitians	Substance Use Counsellor	

PRESCRIPTION BASICS

How to Get a Prescription Medication:

1. Book an appointment with a doctor or nurse practitioner.
2. Most Dr's/NP's fax prescriptions directly to your pharmacy of choice.
3. Go to the pharmacy, look for a "Prescription Pick-Up" sign— say you are here to pick up your medication. The pharmacy staff will ask you some questions. This is when you will have to pay. If you have insurance that covers medication, bring that information with you.



Easy... but what about REFILLS?

Many medications are prescribed with refills—birth control, antidepressants & anxiety medications, diabetes medications, and more. It is important to get your refill BEFORE you run out of the medication.

Does your medication have refills? Look on the medication bottle/package for "Refills" and the # of refills available: 0, 1, 2 etc.

If YOU DO HAVE REFILLS available, you do not need to go back to your doctor or NP when you need more meds—contact the pharmacy where you got the medication and ask for a refill!

If your medication package says "Refills: 0" or "No Refills" see your Dr. or NP for another prescription, OR ask the pharmacist to send them a "refill request".



Any questions? Check out <https://kidshealth.org/en/teens/> - enter "prescriptions" in the search tool or come talk to us at PCI Teen Clinic!