💜 MILEAN'S TEEN MEDICAL ADVOCACY TOOLKIT

Medication & Testing Tracker

B.P.O.T.S

Be Part of the Solution

💊 MY MEDICATION TRACKER

Name: _____

Condition(s): _____

Current & Previous Medications

Medication: _____

Why I Take It: _____

Prescribed By: _____

Start Date: _____

☐ Still Taking It

☐ It Helps

☐ It Doesn't Help

☐ Caused Side Effects

Notes: _____

Medication: _____

Why I Take It: _____

Prescribed By: _____

Start Date: _____

☐ Still Taking It

☐ It Helps

☐ It Doesn't Help

☐ Caused Side Effects

Notes: _____

Medication: _____

Why I Take It: _____

Prescribed By: _____

Start Date: _____

☐ Still Taking It

☐ It Helps

☐ It Doesn't Help

☐ Caused Side Effects

Notes: _____

🩺 MY TESTING TRACKER

Keep track of every test, lab, or scan.

Test/Lab/Imaging: _____

Doctor Ordering Test: _____

Date Ordered: _____

Date Completed: _____

☐ Results Received

☐ Follow-Up Scheduled

What Were the Results?

Test/Lab/Imaging: _____

Doctor Ordering Test: _____

Date Ordered: _____

Date Completed: _____

☐ Results Received

☐ Follow-Up Scheduled

What Were the Results?

Test/Lab/Imaging: _____

Doctor Ordering Test: _____

Date Ordered: _____

Date Completed: _____

☐ Results Received

☐ Follow-Up Scheduled

What Were the Results?

✅ QUESTIONS TO ASK ABOUT MY RESULTS

☐ What was normal?

☐ What was abnormal?

☐ Do I need more testing?

☐ Does this affect my diagnosis?

☐ Does this change my treatment plan?

☐ Should these results be sent to my other doctors?

☐ When should I follow up?

☐ What are my next steps?

💜 MILEAN'S ADVOCACY TIP

Take photos of your medications, test results, and appointment notes. When you see multiple specialists, staying organized helps you become a stronger advocate for your health and ensures every doctor has the information they need.

Remember:

You are the expert on your body. Your voice matters. Ask questions, take notes, and never be afraid to speak up. 💜