



It can be discouraging to try lots of different medicines that don't really seem to help. It can feel like a roller coaster ride. We get our hopes up that a new med will help and then we come crashing down when it turns out they're not really helpful at all.

Can you relate this? If so, you may be experiencing medication fatigue.



Here's what medication fatigue sounds like:

- ▶ *I'm sick of taking pills*
- ▶ *I feel like a human guinea pig*
- ▶ *None of these pills have ever worked for me*
- ▶ *I can't even remember how many meds I've taken*
- ▶ *I'm really tired of taking pills that don't seem to work*

Remember, it's not our fault if medicine has not helped. Everybody's response to medicine is different. We have the right to speak up to the doctor and advocate for ourselves.

Sometimes it's helpful to get support and prepare to talk to the doctor.

Use the template below to explore your medication fatigue and develop your self-advocacy plan.

 Exploring My Medication Fatigue	My Self-Advocacy Plan 
<p><b>What I say to myself:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> I'm sick of taking pills</li><li><input type="checkbox"/> I feel like a human guinea pig</li><li><input type="checkbox"/> None of these pills have ever worked for me</li><li><input type="checkbox"/> I can't even remember how many meds I've been on</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul> <p><b>When I say these things to myself, I:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Stop taking meds</li><li><input type="checkbox"/> Keep it to myself and suffer quietly</li><li><input type="checkbox"/> Get angry and leave services</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>	<p><b>To be an effective self-advocate, I will</b> <i>(check all that apply)</i></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Make a list of every medication I have tried and show my doctor</li><li><input type="checkbox"/> Make a list of anything in the past that has actually helped me and show my doctor</li><li><input type="checkbox"/> Tell my doctor about my med fatigue</li><li><input type="checkbox"/> Ask a friend to come with me when I talk to my doctor about my med fatigue</li><li><input type="checkbox"/> Ask my doctor:<ul style="list-style-type: none"><li><input type="checkbox"/> <i>Can I come off meds? I'm tired of taking meds that don't help me</i></li><li><input type="checkbox"/> <i>Can I take a break from taking meds?</i></li><li><input type="checkbox"/> <i>What else besides medicine could help me?</i></li><li><input type="checkbox"/> _____</li></ul></li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>