

## Medication Titration

Many medications have to be adjusted to the proper therapeutic dose for best results. Taking too much medication can increase the risk of side effects or even cause a worsening of symptoms. Taking too little medication can limit the possible value of the treatment. Undertreatment is the second most common cause of treatment failure.

Your provider will likely give you a dosing range, normally starting at the lowest dose and increasing slowly over time to find the best dose. A common example is insulin where there will be a best dose that creates normal blood sugar. Some medicines are titrated by taking more than one pill. That means you will likely run out of your medication before the appointment and will need to call for a refill for the correct dosage strength. We do not charge for refills when titrating medication.

Some medicines can be cut in half, your provider will explain if it is safe to cut your pills. A common but confusing medicine to titrate is Vyvanse. It comes in a 20 mg capsule that can be safely dissolved in water. It is easy to try 40 or 60 mg by taking two or three capsules but adjusting to 30 or 50 mg is tricky. To do so, dissolve the entire contents of the capsule in several ounces of water. Do not try to pour out half of the power as this will not be accurate. If one consumes half of the water, that will equal 10 mg. Combine that with one or two 20 mg capsules to reach the odd dose sizes. As in the above example, you will not have enough medication to last until your appointment and will need to contact your provider to obtain a refill. Please be sure to say how much you are taking so that the correct pill strength can be provided. Once your medication is properly titrated, you will receive adequate refills until your next appointment.

Since your insurance provider generally only pays for 30 pills at the time, it is impossible to provide you with enough medication to last until your appointment not knowing what the correct dose will be. Virtually all insurance companies will pay for a one time titration and so it is important to find the best dose for you with your initial prescription as additional prescriptions written for more than one pill a day will not likely be covered.