



Oral Contraceptive Pill (OCP) Prescription Refill Guidelines

If your teen has been prescribed medication to help regulate their periods (painful cramps or heavy/frequent bleeding) or for birth control, please review the guidelines below.

- These medications are safe and effective, but research has shown that regular supervision allows us to maximize benefits and minimize side effects.
 - **Starting a medicine or changing doses:** We require that your child be re-evaluated after a 3-month trial.
 - **Regular monitoring:** After the appropriate medication and dose have been established, visits are required at least once per year.
- For your child's safety, we will not continue to refill her medication unless appointments are scheduled in a timely manner. Depending on the situation, we may refill a partial prescription until they are seen.
- In the state of Washington, a patient may obtain birth control services at any age without consent from a parent or guardian.
- In the state of Washington, a patient may obtain testing/treatment for sexually transmitted infections if they are 14 years of age or older without the consent of a parent or guardian.
- Due to national health privacy laws, if your child is 18 years or older, we are not allowed to speak to anyone about her medical issues (including concerns about medication side effects or prescription refill requests), unless they have given written permission that is scanned into our chart.
- Please allow a minimum of two business days for processing of prescription refills.
- It is best if your refill request is handled by the provider managing your child's care.
- Allegro providers will not refill hormone medications managed by a community provider.