



Questions to bring to your prescriber

ADHD medication

This sheet is for the appointment where medication comes up. Your medical doctor or psychiatrist decides what, if anything, to prescribe. Your job in that room is to describe your life accurately and to leave with your questions answered. Write on this. Bring it.

BEFORE YOU GO: THINGS WORTH WRITING DOWN

What a typical weekday looks like, start to finish, and where it comes apart.

Two or three specific examples from the last month, with what it cost you (a deadline, a bill, a conversation).

What you have already tried, on your own or with a therapist, and what happened.

Everything you take now: prescriptions, supplements, caffeine, nicotine, alcohol, cannabis. All of it, even the ones that feel unrelated.

Sleep: when you go down, when you get up, how often that fails.

Heart and blood pressure history, yours and your family's, and any history of substance use, yours and your family's. Prescribers ask; having the answer ready saves a visit.

What you want to be different in three months, in one sentence.

QUESTIONS ABOUT THE MEDICATION ITSELF

- 1 What is this medication meant to change for me, specifically?
- 2 How will we know it is working, and how soon?
- 3 What should I expect in the first two weeks that is normal, and what would make you want a call the same day?
- 4 How is the dose decided, and how will it change?
- 5 What happens if I miss a dose? What happens if I stop suddenly?
- 6 Does this interact with anything on my list?
- 7 Is there a generic? What does it cost, and is a different form (short-acting, long-acting) much cheaper? I will check GoodRx before I fill it.
- 8 Are there days I should not take it, or times of day that matter?
- 9 How does this affect sleep, appetite, mood, or anxiety, and what do we do if it does?
- 10 If this one is not right, what is the next thing we would try, and how long before we decide?

QUESTIONS ABOUT THE PLAN

- 11 When is the follow-up, and what should I track between now and then?
- 12 If I decide I would rather not take medication, what else is on the table?
- 13 Who do I contact between appointments, and for what?

AFTER: WHAT TO TRACK (A LINE A DAY IS ENOUGH)

	DOSE AND TIME	SLEEP	APPETITE	FOCUS, 1 TO 5	MOOD, 1 TO 5	ANYTHING ODD
1						
2						
3						
4						
5						
6						
7						