

## PREPARING TO MEET WITH MY PSYCHIATRIST

1. Describe the distressing experience(s) or “symptom” that is bothering me and/or that is disturbing to other people:
  
2. Evaluation:

Does this distressing experience or symptom effect:	Yes	No	Not Applicable
My relationships/friendships?			
My ability to work?			
My ability to live where I want to live?			
My ability to take care of myself?			
My ability to do the things I enjoy in life?			

3. Is this a “symptom” I can live with at this time or do I want to try to do something about it?  
 Yes, I want to do something about it.  
 No, I can live with this symptom.
  
4. Has anything other than medication ever helped in the past with this distressing experience(s) or symptom? Examples might be meditation, therapy, exercise, artwork, acupuncture, diet changes, lowering caffeine intake, not taking street drugs or avoiding alcohol, etc.  
 Yes     No    If “Yes” please explain:

5. Have any medications in the past helped you with this distressing experience or symptom?  
 Yes     No

If “Yes” list the medications and any dosages you can remember:

These are the things to remember to ask your psychiatrist:

- 6A. If your psychiatrist suggests a medication for you to use, don’t forget to ask:
  1. Exactly how will I know if this medication is working for me?
  2. How long before I should start to notice an effect from this ?
  
- B. Ask, “What are the side effects associated with this drug?” (Notes)
  
- C. Ask, “If I should experience any of these side effects, what can I do about them?”
  
- D. Ask, “How can I contact you if, during my medication trial, I have questions or concerns I want to check out with you?”
  
- E. Ask, “How long should my trial period on this medication last?”
  
- F. When is my next appointment?