

# Diagnosis and Medication Questions

## REACHING OUT TO YOU

Going to see the psychiatrist can sometimes be overwhelming especially if you do not know what kinds of questions to ask. It is very important that you are educated on your diagnosis and any medications you are taking. This sheet will help you with preparing questions to ask your doctor during your appointment. If at any time you don't understand something your doctor is telling you ask them to repeat it or explain it in a different way.

### Questions about Your Mental Health Diagnosis

- What is my diagnosis? Can you explain it in simple language that I can understand?
- What are the possible causes of my condition?
- What is the prescribed treatment? What are the benefits and risks?
- Is this the most successful treatment available? Are there other treatments available?
- How soon should treatment start? How long will it last?
- What are my options if this treatment fails?
- Do I need a follow-up visit?

### Mental Health Medication Questions

- What is the name of the medication, and what is it supposed to do?
- What are the chances of getting better with this treatment?
- How will I know if the medicine is working or not working?
- How and when do I take it, and when do I stop taking it?
- How long will I have to take the medicine?
- Can I take this medication if I am planning on having a baby soon?
- What foods, drinks, other medications or activities should I avoid while taking this medicine?
- Is there any written information available about the medication?
- What are the side effects, and what should I do if they occur?
- Will side effects change as I continue to take the medication?
- Will this medication affect my sleep, ability to drive or operate equipment, sex life, appetite, etc.?
- How will the medication interact with other medication I am already taking? What should I do if I miss a dose? Can I have beer, wine or other alcoholic drinks?



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