

# Preparing for a Doctor Visit

The relationship you have with your doctor or psychiatrist is important in your recovery journey, because together you can find medication and treatment options that reflect what you want and need, work for you, and support your recovery plan and goals.

**Go through this worksheet by yourself or with a member of your treatment team to prepare for your next doctor appointment.**



## Think About What Is Important to You

What is important to me in my life? What are my goals?

---

---

---

---

---

---

---

---

How can medications or supportive treatments help me get or keep these things?

---

---

---

---

---

---

---

---

Do medications or supportive treatments ever get in the way of things in my life? If so, how?

---

---

---

---

---

---

---

---

# Preparing for a Doctor Visit

## Think About What You Want to Discuss

Let your doctor know about changes in symptoms, mood, or behaviors you may be experiencing or any questions or concerns you may have.

**I want to discuss**

---

---

---

---

**How I've been feeling since my last appointment:**

Better     Same     Worse

Explain

---

---

---

---

**New or recurring symptoms I am experiencing:**

---

---

---

**Think about:**

What is working for me

---

---

What is not working for me

---

---

What I'd like to consider changing

---

---

**Getting support:**

**Who do I want to bring to my appointment?**

---

---

---

---

**How can he or she help me?**

(Ex: take me to appointment, take notes)

---

---

---

---

# Sample Questions for the Doctor

**Going to your appointment with a list of questions** you can ask or hand to your doctor can help make the most of the limited time you may have with the doctor. These questions **can help you begin conversations** about issues that may be important to you and your recovery, such as your overall wellness, medications, and supportive treatments.

**Check or write in questions you may want to ask and bring the list to your appointment.**

## About My Overall Wellness:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> What can I do to help improve my overall health?</li> <li><input type="checkbox"/> How often should I see my primary care doctor?</li> <li><input type="checkbox"/> How much exercise should I do?</li> <li><input type="checkbox"/> What tests should I have regularly?</li> <li><input type="checkbox"/> Other _____</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> What are some ways I can begin to eat healthier?</li> <li><input type="checkbox"/> How can I better manage my stress?</li> <li><input type="checkbox"/> What can I do to quit smoking?</li> <li><input type="checkbox"/> What are other ways I can stay healthy?</li> <li><input type="checkbox"/> Other _____</li> </ul> |
|---|---|

## About My Mental Health Medications:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> How can medication help me reach my goals?</li> <li><input type="checkbox"/> Are there different ways to take my medication, such as pills or long-acting injections?</li> <li><input type="checkbox"/> Are there medications options with less frequent dosing schedules?</li> <li><input type="checkbox"/> Other _____</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> How do I know if the dosage should be changed or the medication should be stopped?</li> <li><input type="checkbox"/> What are the side effects?</li> <li><input type="checkbox"/> How long will it take to start working?</li> <li><input type="checkbox"/> Other _____</li> </ul> |
|---|--|

## About Supportive Treatments:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> What kinds of treatments/services are available?</li> <li><input type="checkbox"/> What can I do to get supportive housing?</li> <li><input type="checkbox"/> What is psychotherapy and how can it help me?</li> <li><input type="checkbox"/> Other _____</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> How can supportive treatments help me achieve my goals?</li> <li><input type="checkbox"/> Can you tell me more about peer support?</li> <li><input type="checkbox"/> What can a case manager do to support my recovery journey?</li> <li><input type="checkbox"/> Other _____</li> </ul> |
|--|--|

For more information and free recovery resources, visit  
[www.ChoicesInRecovery.com](http://www.ChoicesInRecovery.com)