

# Questions to ask your psychiatrist

Appointments are short and it's easy to walk out having forgotten the thing you meant to ask. Check the ones that apply and bring this with you.

## About the diagnosis and the plan

- What diagnosis are we treating, and how confident are you in it?
- Is medication the right first step here, or is therapy, or both?
- What does success look like, and how will we know the medication is working?
- What happens if this medication doesn't work? What's plan B?

## About a new medication

- Why this medication instead of the alternatives?
- When should I expect to feel a difference, and what will I likely notice first?
- What are the common side effects, and which ones usually pass on their own?
- Which side effects are serious enough that I should call you or stop the medication?
- How does this interact with my other medications, supplements, and alcohol?
- What should I do if I miss a dose?
- Can this affect sleep, weight, or sexual function? What do we do if it does?
- How long would I stay on this if it works?
- What does stopping look like eventually? Is there a taper?

## About follow-up and logistics

- When is our next appointment, and what should I track between now and then?
- Who do I contact if something feels wrong before then, and how?
- Is a generic available, and is there a meaningful difference?
- Roughly what will this cost, and is a prior authorization likely?
- How do refills work, and what do I do if I run out before our next visit?

## Space for your own

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### For educational purposes only

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