

Your **next appointment**

Identifying the issues

Between visits to your doctor or therapist, follow your treatment plan. Take medicines as directed. Complete any activities assigned to you.

- If you experience side effects from your medicine or have questions about your treatment, contact your doctor right away.

Understanding your medicine

If you're getting a new medicine, ask your doctor:

- What is the name of the medicine you are prescribing for me?

- How much should I take? _____

- When should I take it? _____

- How soon should I expect results? _____

- Should I avoid any of the following while taking this medicine?
 - Activities (driving, etc.) _____
 - Foods _____
 - Alcohol _____
 - Other medicines _____
- What side effects might I have, and what can I do about them?

Questions for your therapist

- Which therapy approach is most likely to help me?

Your **next appointment** (cont'd)

Questions for your therapist (cont'd)

- What will I need to do during therapy? _____

- How often will we meet? _____
 - Monthly
 - Every two weeks
 - Weekly
 - Twice a week
 - Other
- How long will therapy continue? _____

- When might I start feeling better? _____

- Will you give me assignments between sessions and if so, what will they be? _____

- What should I do if the symptoms return after treatment? _____

- How can I reach you in case of emergency? _____

Other questions
