

Questions For My Doctor

If you've just been diagnosed with bipolar disorder, you will have lots of questions for your doctor. Don't hesitate to ask – and ask again – until you understand the answers. Bipolar is a complex, challenging illness. The more you understand it and your mood swings, the better you will be able to manage the triggers that can cause episodes.



Date: _____

1. What are the names of my medications? How will they help me?

2. What is the dose of each medication?

3. At what time(s) of day should I take each medication? (circle one)

MORNING AFTERNOON EVENING BED

4. Do I need to take them with food? Y N

5. Do I need to avoid any specific foods, prescription or over-the-counter medications or nutritional supplements while I am taking my medications?

6. What should I do if I miss a dose?

7. What side effects might I expect? Is there a way to control them?

8. How long will it take for me to start feeling better after I begin taking my medications?

9. How often will I need to come to check my progress and have my medications evaluated?

10. When is my next doctor visit? How often should I schedule appointments?

Date: _____

11. If my current treatment isn't helpful, what is my next step?

12. Do you recommend psychotherapy? What type do you suggest?

Phone: _____