

to understand treatment

☒ Medication without explanation

☒ Willing to change lifestyle to get better

Notes:

Stress, anxiety, Pain, insomnia

Minutes
booked

☐ Prepared to see specialist

- 1. What are the side effects of my medication?**
 - What should I do if I'm getting side effects?
- 2. Is it addictive?**
 - What are the warning signs of addiction?
- 3. How can I avoid these side effects**
 - How often should I take the medication?
 - How much should I take and for how long?
 - Can I take my other medication?
- 4. Do I have to take every pill in the prescription?**
 - What should I do with leftover tablets?
- 5. Do I need a longer term plan?**
 - Are there alternatives to medication?