TO HAND OVER AT THE START

Prescriber Prep

Five lines. Bring it printed. Give it to the prescriber at the start of the appointment, not in the last two minutes.

DATE FILLED IN _____

The three most expensive things ADHD currently costs me,

with examples — from the ledger in Chapter 4.

My medical history,

particularly anything cardiac, and the same for close family.

Everything I currently take,

prescription and otherwise, including supplements.

What I've already tried,

and what happened.

My three questions,

written down, because you will forget them.