

Starting a conversation with your health care provider about Attention Deficit Hyperactivity Disorder (ADHD)

This guide may help you have a meaningful discussion with your health care provider about a diagnosis of ADHD and/or deciding what treatment options are right for you or your child. Take this guide to your next appointment and share these questions with your health care provider.

REMEMBER: Only your health care provider can diagnose ADHD.

This guide can be helpful if:

- You are planning to talk to your health care provider about a possible diagnosis of ADHD
- You or your child has just been diagnosed with ADHD and you would like to understand treatment options
- You or your child is being treated for ADHD using behavior therapy and you want to explore other options
- You or your child is currently being treated for ADHD with medicine but would like to discuss other treatment options



If you or your child has not yet been diagnosed with ADHD, you may want to consider discussing the following questions with your health care provider:

- What are the symptoms of ADHD?
- What symptoms do I most recognize in my child or myself?
- How is ADHD diagnosed?
- What are the effective methods for managing ADHD (ie, medicine and behavior therapy)?



If you are exploring treatment options after being diagnosed with ADHD, you may want to discuss the following questions with your health care provider:

- What are effective treatment options for ADHD, including behavior therapy as well as prescription medicine?
- What are the potential benefits of combining types of treatments?
- What are the benefits and risks of treatment options?

The questions below may help you discuss treatment options with your health care provider. As you discuss each option, use the chart below to take notes. The information may help you and your health care provider decide what the most appropriate treatment option is for you or your child. Depending on the options you choose to discuss, some fields may not be applicable.

	(Treatment option 1)	(Treatment option 2)	(Treatment option 3)
What is the most important information I should know about this treatment?			
Who should not take this medicine or follow this treatment option?			
Can this treatment be taken with other treatments?			
How should this medicine be taken or treatment option be followed?			
What are the perceived benefits?			
What are the possible side effects?			
Are there any serious side effects I should be aware of?			
What is the active ingredient in this medicine?			
How long before I may notice an improvement?			
Are there any cost-saving programs available?			
PROS			
CONS			
NOTES			