



Reach Us



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REACH FURTHER WITH US



**QUESTIONS TO
ASK YOUR
DOCTORS, AND
LOGGING YOUR
MEDICATION AND
YOUR ADHD**



Family Pathway

Enabling Adults, Families, Children & Young People



**WE ENABLE
YOU TO TAKE
CHARGE**

WE WORK WITH YOU AND YOUR ADHD

Medication Log

Medication: _____ Dosage: _____

	S	M	T	W	T	F	S
At what time did you take your medication?							
How long after taking the medication, did you feel the effect?							
Did you take your medication before or after food?							
How long did the effects of the medication last?							
What was your appetite like while on the medication?							

	S	M	T	W	T	F	S
I was able to focus and pay attention.							
I completed my tasks, e.g. schoolwork.							
I was able to stay organised.							
I was able to sit still when I had to.							
I waited for my turn without interrupting.							
I didn't lose or misplace things.							
It was hard for me to work/play quietly.							
I felt like my mind was "racing".							
I moved /fidgeted my hands/feet a lot.							
I felt nervous.							
Other:							

Questions to ask your doctor about ADHD medication:

- What are the intended benefits of this medication?
- How does it impact the brain, how does it work?
- What type of medication is this – a stimulant or non-stimulant?
- What are the typical potential adverse side effects?
- Are there any health concerns or adverse side effects that I should look out for?
- How long will it take for the medication to begin working?
- How will I know if this medication is working? What will I notice that is different?
- How long should the effects of the medication last?
- When should the medication be taken? Does it matter if it is in the morning or at night?
- Must the medication be taken every day?
- Does it matter if it is taken with or without food?
- When should I follow up with you?
- What information would be helpful for me to keep a track of?

