

10 Questions to ask your doctor before getting on medication:

1. What types of medication are available for my condition?

2. What are the side effects? How long (typically) will the side effects last?

3. How long should you stick with the medication?

4. If the first medication is not working, what else could you take?

5. What are the chances of developing rare but serious side effects?

6. What are other (non-prescription) options for you to try first?

7. What other medications (prescription and non-prescription) would interfere with the medicine prescribed?

8. When I decide I want to get off the medication, how do I go about it safely? _____

9. Should I seek therapy as an adjunct to my medication regimen?

10. What are my options for breakthrough anxiety and panic?
