

Medication & ADHD Review Appointment Notes

Capture wins, concerns and next steps before meeting your clinician.

Appointment details

Date: _____

Clinician / Service: _____

Location / Platform: _____

Since the last review...

- Wins I want to share (energy, focus, mood).
- Difficulties or side effects (sleep, appetite, heart rate, mood swings).
- Situations where the medication wears off too soon or feels too strong.
- Any new diagnoses, therapies or major life changes to discuss.

Questions & requests

Use this space to flag what you need clarity on. Examples are provided to prompt ideas.

- Do we need updated physical health checks or blood pressure readings?
- Could we review extended-release vs. immediate-release options?
- What should I monitor between now and the next appointment?
- Are there resources for CBT, coaching or occupational therapy locally?

Notes: _____
