

# 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: \_\_\_\_\_

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