



**You can print out this one-page information sheet to take to your doctor's appointment.
It has tips on talking to your doctor and space to make your own notes.**

Talking to your doctor

Talk to your doctor about your concerns. Write down any questions you may have in advance. Here are some things to think about before your appointment with your doctor.

- Take your test results to the appointment to show how the symptoms of ADHD may have been affecting your life.
- Think about your time at school – it may be helpful to take along any school or exam reports.
- Think about how your symptoms may be affecting your work or relationships.
- You could ask family members or close friends to come with you to the appointment. Or you could talk to them about your answers to the test and some of the difficulties you have been experiencing.
- If your symptoms are causing significant problems, ask your doctor to refer you to a specialist with training and expertise in the diagnosis of ADHD.

Use the space below to make your own notes