



Could It Be ADHD?

THIS GUIDE IS MEANT TO HELP YOU TALK TO YOUR DOCTOR TO EXPLORE A POSSIBLE ADHD DIAGNOSIS FOR YOURSELF OR YOUR CHILD.

Remember to bring your ADHD Quiz and any other important information to your appointment.

Your doctor will want to know as much information as possible about when you first remember noticing symptoms of ADHD, and how they have affected your or your child's life. You may wish to jot down some notes here before your appointment.

POSSIBLE QUESTIONS YOU MAY WANT TO DISCUSS WITH YOUR DOCTOR:

I am particularly concerned about_____. Could it be ADHD?

Do you have experience in diagnosing/treating ADHD?

Do you think that I/my child could have another condition?

Are there any medications that may help with my/my child's symptoms?

- How well do medications work in managing ADHD?
- What side effects might occur?
- How will I know if I/my child might need to try a different medication?

What other therapies would you recommend? Do I/we need a referral?

What are the next steps?