

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Addiction

Symptoms I am experiencing:

Circle all that apply

- You continually take a substance and cannot stop despite at least one serious attempt at giving it up, such as nicotine, alcohol, or some drug dependence
- You have withdrawal symptoms whenever you don't have enough of your substance, such as mood changes, cravings, lack of focus, depression, headaches, etc.
- Change in appetite - increase or decrease
- Insomnia
- Addiction-type tendencies despite health problem awareness
- Social and/or recreation sacrifices due to an addiction to something
- Maintaining a good supply of your substance
- Dependency on your substance to deal with problems
- Secrecy or solitude when dealing with your substance
- Excessive consumption
- Denial of an addiction
- Maintaining a stash
- Financial issues
- Relationship problems

Frequency Of Symptoms

Write symptom + frequency you experience it

I have treated/managed symptoms

Explain any medications you have used, lifestyle treatments, natural remedies

Family History

List any family members/relatives who have struggled with addiction

Other Medications I Am Currently Taken Not Related To Addiction

List them here

Questions I Have For The Doctor:

Question, Notes

- What are your initial thoughts regarding my symptoms?
- Do you believe I have an addiction?
- What's your recommended approach to solving my symptoms?
- What other health conditions might cause the symptoms I have?
- What might cause an addiction?
- How concerned should I be regarding my symptoms?
- What other health problems might arise should I continue this way of life?
- What support groups do you recommend?
- What are some strategies I can implement to get better?

Possible Diagnostic Tests

- Blood tests
- Urine test
- Physical exam
- DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition)
- Addiction Severity Index
- Composite International Diagnostic Interview
- Psychiatric Research Interview for Substance and Mental Disorders

