

QUESTIONS TO ASK YOUR PSYCHIATRIST (OR WHOEVER IS PRESCRIBING YOUR ANXIETY MEDS)

- Why are you prescribing this particular class (SSRI vs. Benzo, for example) of medication?**
- Why are you prescribing this particular medication as opposed to another one in the same class?**
- What is the therapeutic dosage for my medication and what is my starter dose? What is my plan for increasing to the therapeutic dosage?**
- How long will it take to work? What can I do in the meantime?**
- What are my instructions for taking this medication? (time of day, with or without food, should I take it at the same time every day, can I drink alcohol, etc.)**
- What do I do if I miss a dose?**
- Is a generic available, and, if so, will it be as effective?**
- How will this medication interact with my current medications, herbal remedies, vitamin supplements, etc?**
- What if I get pregnant?**
- What are the most common side effects of this medication?*****

***** DO NOT ASK THIS QUESTION IF YOU ARE A SUGGESTIBLE SISTER—ONE WHO IS PRONE TO DEVELOP SYMPTOMS WHEN SHE READS OR HEARS ABOUT THEM.**