



The Your Next Appointment form will help you and your doctor discuss your illness and its treatment.

### *Identifying The Issues*

You and your doctor should **work as a team** to manage your illness. Bipolar disorder is a lifelong illness. Learn everything you can about it. Make and keep **regular appointments with your doctor**. Ask questions and write down the answers.

Prepare for your doctor visits, so that you get the most out of them. These questions can help you get started. Print this page. Take it with you the **next time you visit your doctor**.



### **Some questions to ask your doctor**

What are my treatment options?

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When should I take my medicine? How?

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What should I do if I have side effects?

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Are there other medicines or foods I shouldn't take with my medicine?

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*Identifying The Issues, continued*

When should my medicine start working?

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What should I do if my medicine doesn't seem to work?

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Should I get counseling?

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When should I see you again?

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