

# Questions to ask your doctor

## Ask questions

When it comes to your health, it is important to address your concerns with your doctor. Write down any questions you may have in advance. Here are some questions you may want to ask your doctor.

## Getting diagnosed

1. What can I expect if I go to a psychologist, psychiatrist, or another professional for treatment of adult ADHD?
2. How will I be diagnosed? What else could it be?
3. If my children have been diagnosed with ADHD, how likely am I to have it?
4. If one of my brothers or sisters has ADHD, how likely am I to have it?

## Treatment

1. What types of treatment are available in the United Kingdom?
2. Based on how adult ADHD is affecting my life (e.g. at school, work or in everyday life) which treatments should I consider?
3. What should I keep in mind when selecting a treatment? (e.g. dosing, safety, efficacy, coverage, etc.)

## Living With ADHD

1. Where can I find emotional support for myself and my family?
2. Could I have passed ADHD to my children?