

Questions to ask your doctor



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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 are next steps now that we have reviewed my adult ADHD self-assessment results?
2. Could my symptoms be related to a mental health condition other than ADHD?
3. How common is ADHD?
4. Is ADHD a manageable condition?

MANAGEMENT STRATEGIES

1. What types of treatment options for ADHD are available in Canada?
2. Based on how my ADHD symptoms are affecting my life (e.g. at school, at work, at home), which management strategies should I consider?
3. How long will I need to be treated for ADHD?

LIVING WITH ADHD

1. What are some tips and tricks that you can suggest to help me deal with my ADHD symptoms?
2. Where can I find support and information for myself and my family?
3. Is ADHD hereditary?

ADDITIONAL NOTES

