



All medications have benefits and risks. Each person will think differently about these benefits and risks. This worksheet will help you prepare to talk with the doctor about your concerns.

Here are some tips:

1. If you have concerns about how meds might affect your health, it's important to speak up with the doctor. Your doctor is trained to help you understand the benefits and risks of medication.
  - Ask - *What are the health risks of using this medicine?*
  - Ask - *What are the risks of not using this medicine?*
2. Get more information.
  - Consider using [medlineplus.gov](http://medlineplus.gov) and other scientific, reliable sources.
  - If friends, family, or people on social media tell you stories about their experience with a medication, remember that meds affect each person differently. Discuss what you hear with the doctor.
3. During shared decision making, the doctor will review all the options with you. Together, you can find the care that's right for you.

Below is space to think through your concerns and prepare for shared decision making with your doctor.



**My concerns**

**The medicine that concerns me:**

\_\_\_\_\_

**I'm concerned about:** *(check all that apply)*

- Getting addicted
- Gaining weight
- Sexual dysfunction
- Getting diabetes
- Pregnancy
- Movement disorders
- My underlying health condition
- Dying
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

**My words:**

\_\_\_\_\_

**Preparing for shared decision making**



**What I've heard about this medicine and where I heard it:**

\_\_\_\_\_

**Questions for my doctor:**

- What are the health risks of this medicine?
- What are the risks of not taking this medicine?
- What are other treatments that could help?
- Are there non-medication therapies that could help?
- Other: \_\_\_\_\_
- \_\_\_\_\_
- Other: \_\_\_\_\_
- \_\_\_\_\_

fold  
over