



We don't have to live with unbearable side effects that make it hard to do the important things in our life. Just like a tightrope walker has to find good balance in order to move forward, the same is true for us. We need to work with the doctor to find a livable balance between the good and not-so-good effects of medication. This worksheet will help.

Describe your side effects using these two steps:

Step 1: Describe the side effect you experience

Step 2: Say how it interferes with what's important to you

Here are some examples:

- ▶ *I feel like a zombie and don't have the energy to work out anymore.*
- ▶ *The meds make my hands shake so I can't type fast at my job.*
- ▶ *The meds make me so tired I can't keep up with my responsibilities like cooking for my family.*

Now it's your turn to plan what you will say to the doctor about side effects. Complete the card below.



What I will say to my doctor

Our side effect plan



The side effect I experience:

How it interferes with what's important to me:

I will:

- Let the doctor read about my side effects
- Explain my side effect and how it interferes
- Ask someone I trust to go to the appointment with me _____
- Other: _____

To manage side effects, the doctor and I agreed to:

- Lower the dose _____
- Change the time I take meds _____
- Change my med _____
- Add a side effect med _____
- Try another type of treatment _____
- Stop the med
- Other: _____

My next steps:

fold
over