

My Appointment Prep Sheet

For: talking to your doctor about substance use

AvoidRehab.com

WHAT I'M USING

- | | |
|---|---|
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Prescription opioids (e.g. Percocet, OxyContin, Vicodin) |
| <input type="checkbox"/> Heroin / fentanyl / street opioids | <input type="checkbox"/> Methamphetamine / cocaine / stimulants |
| <input type="checkbox"/> Benzodiazepines (e.g. Xanax, Valium, Klonopin) | <input type="checkbox"/> Cannabis |
| <input type="checkbox"/> Kratom | <input type="checkbox"/> Other: _____ |

HOW OFTEN AND HOW MUCH

How often: _____ How much per use: _____ Last used: _____

How long has this been going on: _____

WHEN I MISS A DOSE OR TRY TO STOP, I EXPERIENCE:

- | | |
|---|---|
| <input type="checkbox"/> Sweating / night sweats | <input type="checkbox"/> Heart racing / pounding |
| <input type="checkbox"/> Shaking or tremors | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Nausea or vomiting | <input type="checkbox"/> Irritability / mood swings |
| <input type="checkbox"/> Anxiety or panic | <input type="checkbox"/> Intense cravings |
| <input type="checkbox"/> Can't sleep | <input type="checkbox"/> Body aches or chills |
| <input type="checkbox"/> Seizure history (circle: Yes / No) | <input type="checkbox"/> Nothing yet |

MY SITUATION RIGHT NOW (CIRCLE OR CHECK ONE)

STABLE

Work / home / health are functioning

NOT STABLE

I need urgent help

WHAT I WANT FROM TODAY'S APPOINTMENT

- | | |
|--|--|
| <input type="checkbox"/> Discuss medication options | <input type="checkbox"/> Discuss a supervised taper |
| <input type="checkbox"/> Referral to an outpatient addiction medicine specialist | <input type="checkbox"/> Just information about what's available |

SAY THIS TO YOUR DOCTOR

If STABLE:

"My home situation is stable and I'm still working. I'm here to address a physiological dependence before it creates any bigger problems. I'd like to discuss [medication / a taper / a referral to an outpatient specialist]."

If NOT STABLE:

"I need help managing withdrawal safely so I can stabilize. I want to do that in an outpatient setting if that's medically appropriate."