

For patients with depressive episodes in bipolar disorder

Doctor Discussion Guide

For talking with your doctor about your continuing struggle with depressive symptoms

Your doctor needs to know how you're feeling and any changes you've experienced in your mood. Print these questions before your next doctor's appointment, and bring them with you. Asking questions can help you and your doctor have a productive conversation and help determine if there is a treatment option right for you.

- What causes depressive episodes of bipolar disorder? _____

- What is the difference between bipolar I and bipolar II disorders? _____

- Is bipolar disorder genetic? _____

- What can I do to prevent the worsening of depressive episodes? _____

- Can lifestyle changes help me deal with depressive episodes? _____

- Are my depressive episodes serious enough to require medication? _____

- How long does it take for medication to work? _____

- What could happen if I stop taking my medication, even if I am feeling better? _____

- Will I need to be on medication(s) for the rest of my life? _____

Before your next appointment, write down any additional notes about any changes in your mood, how you feel, and what you are still struggling with:
