

ADHD MEDICATION SIDE EFFECTS LOG

ADHD Medication Reflection



PART 1: CURRENT MEDICATIONS

Current Medications

ADHD Medication

• Start date _____

Medication eg. Dexamphetamine 5mg	How do you take them? Eg. 1 tablet daily

List all current medications including vitamins and supplements

Medication eg. Paracetamol 500mg	How do you take them? Eg. 1 tablet daily

PART 2: SIDE EFFECTS

What side effects are you experiencing? Please tick accordingly

Side Effect	Never	Sometimes	Often
Loss of appetite			
Weight loss			
Nausea			
Sleep difficulties			
Anxious/nervous			
Feeling flat or no emotions			
Withdrawal or sadness			
Angry/irritable			
Headaches			
Tics or nervous movements/twitches			
Self harm			
Suicidal ideation			
Teeth grinding			
Heart palpitations			
Dizziness			
Feeling worse after medication wears off			
Other:			

PART 3: CURRENT ADHD SYMPTOMS

ADHD Symptom Control

1. Reflect any changes that have occurred. Since taking them, how do you feel?

Tick the box that best describes how you have recently felt

Worse than ever	Worse	Slightly worse	Feel the same	Slightly better	Much better	Best ever

2. What symptoms have improved or worsened?

PART 4: ANY OTHER CONCERNS OR QUESTIONS

Reflection

Reflect on how you are managing your ADHD medications. Are there concerns or questions? *Eg. My ADHD medicine does not seem to work as well as before.*

Please take this to your doctor, pharmacist and healthcare team to discuss during your next appointment.