

The following material is adapted from *Worried No More: Help and Hope for Anxious Children* and *What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions* by Aureen P. Wagner, Ph.D. This excerpt is available free of charge to parents, school personnel and health care professionals. This excerpt may be reproduced and distributed as long as it is in its entirety, and Dr. Aureen Wagner is given credit for the material. This excerpt may not be adapted or modified without specific permission from Dr. Aureen Wagner. The information and techniques offered in this excerpt should not be used as a replacement for guidance, consultation, assessment or treatment by a qualified mental health professional.

### **Suggested Questions about Medication to Ask your Doctor**

- What is the medication and how does it work?
- What is your experience in using this medicine with children?
- What have scientific studies on the use of this medication for children with OCD/anxiety shown?
- What made you select this medicine for my child?
- In what ways will my child improve with this medication?
- How soon can we expect to see improvement?
- What laboratory tests will my child have to undergo before and while taking it?
- What are the side effects, and which of these are most likely to occur?
- Are there any life-threatening side effects? Any long-term effects?
- Which side effects should I alert you about immediately?
- Is this medication addictive? Will my child come to depend on it?
- What would happen to my child if he does *not* take this medicine?
- Will this medication affect my child's growth or ability to do "normal" kid things?
- How will it affect my child's other behaviors like tics, attention, hyperactivity or depression?
- How will my child function at school on this medication?
- Do I need to inform his school? For what should his teachers and nurse be alert?
- How often will my child have to take the medication?
- What if she misses a dose? Will that affect her symptoms? What should I do if she misses a dose here and there?
- For how long will she need to stay on this dose?
- How will you decide when and how much to increase the dose?
- How long will it take to get the dosage to the right level?
- How often are dosage changes made?
- Are there any other medicines, vitamins, or foods that my child should not take while on this medicine? Any activities that he should avoid?
- How often will you need to see my child?
- Can we reach you in between visits? How do we reach you in an emergency?
- If there is an emergency, should we stop the medicine, and how do we go about it?
- Will my child need to take medication for her entire life?
- When and how do we decide that its time to stop the medicine?

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