

Medication Risk-Benefit Worksheet

Structured framework for making informed medication decisions with your doctor

Medication Details

Medication Name

Condition Being Treated

How long has this condition been present?

Prescribing Doctor

Benefits Assessment

What specific symptoms should this medication improve?

How will we know it's working? (measurable indicators)

Expected timeline to see results

Risks Assessment

Known side effects (from prescriber + your own research)

Long-term effects (if known)

Interactions with current medications or supplements

Alternatives Considered

Non-medication approaches tried and results

Other medications considered and why they were ruled out

Questions to Ask the Prescriber

- 1 What happens if we don't start this medication right now?
- 2 What's the lowest effective dose we can start with?
- 3 How long before we evaluate whether it's working?
- 4 What specific signs should prompt us to stop or adjust?
- 5 Are there any dietary or lifestyle changes that could reduce the needed dose?
- 6 What's the plan for eventually tapering off?
- 7 Does this interact with any supplements my child takes?
- 8 What monitoring or lab work is needed while on this?

- 9 Is there a generic version available?
- 10 What does the withdrawal process look like if we decide to stop?

MEDICATION JOURNAL

Keep a medication journal. Track mood, sleep, appetite, behavior, and side effects daily for the first 2–4 weeks. Bring it to follow-up appointments — it's more reliable than memory.