



You have learned that your teen has attention-deficit/hyperactivity disorder (ADHD). You have a treatment plan in place. Treatment could include medicine and/or counseling. Your teen may still have symptoms as he or she gets older. Because of this, ADHD may need to be treated on an ongoing basis. To get the most from treatment, stay in touch with your teen's healthcare provider.

Why is it so important to see the healthcare provider regularly?

**Because:**

- **Your teen is still changing.** As your teen gets older, he or she may have new demands at school or with friends. That means his or her medicines, dosages, or counseling plan may need to be adjusted.
- **To plan the best treatment, the healthcare provider needs input from both of you.** You and your teen can share your views on how the treatment plan is going.



## What to expect from follow-up visits

At first, follow-up visits will assess how the treatment plan is working. As these visits continue, you, your teen, and the healthcare provider will talk about your teen's symptoms, progress, and any side effects. Be sure to include progress reports from teachers as well.

At first, you may see the healthcare provider often. Once your teen's symptoms are stable, you may visit less often. The healthcare

provider will tell you how often you will need to visit, based on a few factors. These can include:

- Your teen's needs
- The kind of medicine prescribed
- The healthcare provider's judgment

Teamwork between you, your teen, the teachers, and the healthcare provider is the key to treatment success!

## Getting ready for the follow-up visit

You and your teen can take these steps to get the most from your visits.

### Before the visit:

- Gather report cards, notes from your talks with teachers and coaches, etc
- Talk about how things have been going at home, at school, and with others (such as friends, classmates, and family)
- Bring any notes you take to keep track of symptoms

### During the visit:

- Tell the healthcare provider about progress you notice
- Tell the healthcare provider about any concerns you have, such as side effects, or behavior or mood problems
- Write down notes to help you remember

### After the visit:

- Schedule a follow-up visit or phone call
- Keep tracking progress