

Frequently asked questions specific to medication treatment:

Question: How long are medication visits?

Answer: An initial medication evaluation is scheduled for 90 minutes. At the end of this appointment we will discuss a treatment plan which includes the frequency of subsequent visits. Medication monitoring visits are 25 minutes long and are spaced apart depending upon how often we need to get together to review your medication treatment and make decisions about any changes that may be called for. If your medication is working well and your condition stable, I will ask you to see me every 6 months at a minimum. These checkup visits must be face to face and cannot be held over the phone.

Question: What information do you need from me before our first appointment?

Answer: It is helpful to me if you complete the Evaluation Form that is available in the Patient Forms section of my website and return it to me before we meet so that I will be able to prepare in advance for our visit together. If you are currently in treatment with a psychotherapist, please bring a completed Authorization to Release Information form to your appointment since this will allow me to contact your therapist to provide him or her with feedback about our appointment and to discuss a shared treatment plan as needed.

Question: What if I have a question about my medication (e.g. side effects) in between appointments?

Answer: I always encourage you to call me with questions about your medication. I do my absolute best to return all calls the day they are received unless you call after business hours. I feel that time spent on the phone can be essential for good treatment and I do not routinely charge for time spent with you on the phone. However, if I see that we are spending extended periods of time on the phone, I will discuss with you the need to charge for that time as if it were an office visit.

Question: What if I am running low on my medication?

Answer: If I am prescribing medication for you, I ask that you keep track of your medication supply so that you can call for a refill at least a few days before you will run out. It is helpful to me if you always call your pharmacy for a refill rather than contacting me directly as this enables the pharmacy to have your records prepared when they call me. This applies even if your bottle indicates that there are no additional refills available.