



PSYCHOTROPIC MEDICATION QUESTIONNAIRE

Important Note: Outward Bound generally requires a minimum 4 week adjustment period for starting/stopping treatment with psychotropic medications, followed by an evaluation by the prescribing physician prior to participating. If possible, Outward Bound requires medication to be brought in double sets in separate, non-breakable, waterproof containers along with dosage instructions. **Exceptions: Lithium and neuroleptic medications require a 3 month adjustment period. Stimulants do not require a time frame.**

CURRENT MEDICATIONS

Medication	Dosage	Dosage Taken Since	Medication Taken Since	Current Side Effects (if any)

1. What symptom(s)/behavior(s) are being addressed by the medication(s)?

2. How has the medication(s) improved your condition?

3. Do abrupt changes in activity level, exposure to sun, sleep patterns, fluid intake, diet, altitudes, or extreme cold or heat decrease the effectiveness of your medication(s)?
 Yes No If yes, please describe.

4. Do you experience any side effects including dizziness, dehydration, sun sensitivity or stomach sensitivity?
 Yes No If yes, please describe.

5. Have you ever missed a dose of your medication(s)?
 Yes No If yes, were there any impacts on your health?