



HOW TO PREPARE FOR MEDICATION CHANGES



Know what's normal—and what's not

Starting a new psychiatric medication can cause changes in how you feel. Some side effects are mild and temporary. But **some symptoms need fast action** to keep you safe.

Fill This Out With Your Provider



Name

Date Updated:

Prescriber/Clinic Name:

Clinic Phone:

After-Hours/Urgent Line:

Preferred Emergency Room:

Emergency Contact (Name + Number)

Local Emergency or Crisis Contact:

Known Allergies (e.g., rash with sertraline):

Sensitivities (e.g., sedation from hydroxyzine):

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Call Your Clinic Right Away If You Notice:



A rash that spreads, blisters, peels, or includes **mouth or eye sores**



New **confusion**, strong **agitation**, or not acting like yourself



Fainting or nearly fainting, especially when standing up



Fever with **muscle tightness**, **shaking**, or feeling **very stiff**



A **headache** that is sudden, severe, or affects vision



Heartbeat that is very fast, very slow, or feels strange



Trouble **urinating**, **swallowing**, or **breathing normally**



If your temperature is **101.3°F (38.5°C) or higher**, or if you pass out, **treat it as urgent.**

Go to the ER or call your local emergency number. In the Philippines, call 911, if you:



Can't **wake up**, **walk**, or **speak** normally



Have a **seizure**



Feel **unsafe** or have thoughts of harming yourself or others



Are **vomiting** and can't keep fluids down



Have **swelling** of your face, lips, tongue, or trouble breathing

While You Wait for Help:



- **If symptoms seem serious**, hold the next dose of the medication you think caused the issue until you get medical advice, unless your prescriber has given different instructions.
- **Do not drive** if you feel dizzy, very tired, or confused
- **Write down what happened:**
 - What symptoms started
 - When they started and got worse
 - What you ate or took (medications, supplements, alcohol)
 - What helped or made it worse

Medicine-Specific Warnings (Ask Your Prescriber to Fill In):

Lamotrigine

- Stop and call right away if you **develop a rash**, especially if it **spreads, blisters, peels**, or comes with **fever, mouth sores, or eye irritation**.
- If you miss 3 or more doses, **don't restart** without medical advice

Guanfacine

- Call for **fainting, slow heart rate, cold hands, or dizziness when standing**
- **Do not stop suddenly unless instructed.**

Hydroxyzine or other sedating meds

- Watch for **extreme tiredness, confusion, or trouble breathing**
- Avoid alcohol or other sedatives

Quick Symptom Log (Bring This to the ER or Clinic)

What medicine do you think caused the issue?

Your Notes:

Last dose taken (when and what time):

Your Notes:

When did symptoms start?

Your Notes:

When did symptoms get worse?

Your Notes:

What helped or made it worse?

Your Notes:

Any other meds, caffeine, alcohol, or illness today?

Your Notes:




For Family, Friends, or Caregivers

- Bring this handout, **the wallet card**, and **any medication bottles or a photo of labels**
- Let the team know about **allergies, sensitivities**, and what time the last dose was taken
- Ask for an **interpreter** if needed
- Tell staff about **sensory needs** like low light, quiet environment, or use of headphones



Keep This Handy

- 
- Put a copy on the fridge, in your bag, or give one to a support person
 - Update it when **your medications change**
 - Ask your clinic if they can provide a **wallet card** or **QR code** that links to your medication list and titration plan.