

APPOINTMENT PREPARATION GUIDE

Are you on mental health medications and experiencing uncontrollable movements?

Sounds like TD



Tardive dyskinesia (TD) appears as mild to severe twitching, shaking, or jerking in the hands, face, feet, or torso.



TD is associated with certain prescription medications used to treat mental health or gastrointestinal conditions. In fact, **1 in 4 people** who are taking certain mental health medications may develop the uncontrollable movements of TD.

You may have TD, but you're not alone. Talk to your healthcare provider about your symptoms. Bring this completed guide to your next appointment and use it to help start a conversation about your uncontrolled movements, their impact on your everyday activities, and an option for managing TD.

Questions for you

- 1** Have you ever taken prescription medications to treat a mental health condition (such as schizophrenia, bipolar disorder, depression, etc)?

☐ Yes

☐ No

- 2** Do you have uncontrolled movements such as twitching, shaking, or jerking in the following areas? (Please check all that apply)

☐ Mouth

☐ Jaw

☐ Arms

☐ Hands and/or fingers

☐ Torso

☐ Legs

☐ Feet and/or toes

☐ Other: _____

- 3** Have you experienced other uncontrollable movements such as: (Please check all that apply)

☐ Involuntary blinking

☐ Tongue movements

☐ Hip thrusting

☐ Other: _____

- 4** Do these uncontrolled movements cause difficulties with: (Please check all that apply)

☐ Speaking or being understood by others

☐ Writing

☐ Eating and/or swallowing

☐ Walking (problems with balance or coordination)

☐ Other: _____

- 5** Do your uncontrolled movements impact you emotionally in the following ways? (Please check all that apply and describe if comfortable)

☐ Stress

☐ Embarrassment

☐ Isolation

☐ Other: _____

Talk to your healthcare provider about TD

If you're experiencing uncontrollable movements, having a conversation with your healthcare provider can lead to developing a plan to manage them. **Here are some tips to consider:**

Preparing for your appointment

- Sometimes, it is difficult to recognize all the symptoms of TD on your own. Ask a care partner or loved one to join you at your appointment so they can share their view.
- Remember to leave your appointment with a clear understanding of what the next steps are for taking control of your uncontrollable movements.

Talking points for your visit

- Describe your movements, including specific location (ie, face, hands, feet, or torso) and when you, your care partner, or loved one first noticed them.
- Share how your uncontrollable movements are affecting you and your loved ones, including self-confidence, everyday routine, and in your relationships.
- Bring any questions you may have about TD or managing TD, as well as a list of all medications you take, including vitamins and herbal supplements.

Questions for your healthcare provider

- 1 Is it possible to manage my uncontrollable movements while continuing to take my mental health medications?

Notes: _____

- 2 How do you assess the severity of uncontrolled movements?

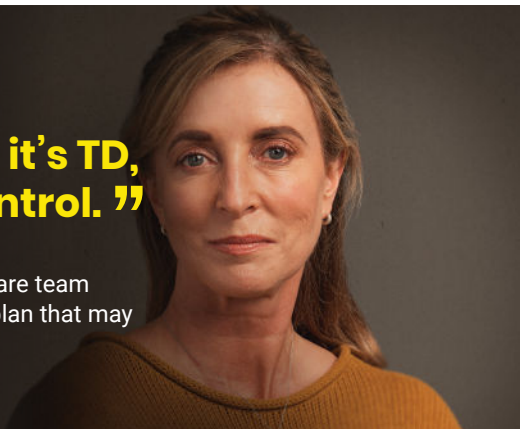
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- 3 What are the next steps for managing my uncontrollable movements?

Notes: _____

“ Now that I know it’s TD, I feel more in control. ”

Together, you and your healthcare team can develop an individualized plan that may help manage your TD.



Learn more about TD symptoms, its impact, and management at tardiveimpact.com