

Patient information from BMJ

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Schizophrenia: questions to ask your doctor

If you have been told you have schizophrenia, you may want to talk to your doctor to find out more. Below are some questions you may want to ask.

- Are you certain I've got schizophrenia?
- Is there anything else that could be causing my symptoms?
- Which treatment would be best for me?
- What are the side effects of treatments for schizophrenia?
- How can you help me deal with any side effects?
- Will I need to continue taking these medicines after I've stopped getting symptoms?
- Can I get help to learn how to spot when my symptoms begin to come back?
- What exactly should I do if I spot the signs of a relapse? Who should I contact and which drugs should I take?
- While I'm well, can we agree on what sort of treatment I want if I have a relapse and I'm finding it difficult to make decisions about my treatment?
- Are there any things I should do, or stop doing, that may help me avoid a relapse?
- What should I do if I start thinking about hurting myself?
- How can my friends and family help me cope with my schizophrenia?
- What therapy or support is available for me and for my family?
- Are there any medications that can cause problems in pregnancy?

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