

Do you think it might be tardive dyskinesia (TD)?

Use this guide to help you prep for your next appointment in person, over the phone, or online

Answer the questions below, and share with your healthcare team during your next appointment:

1 Have you ever taken antipsychotic medication(s) for more than 3 months to treat any of the following conditions? (Select all that apply)

Depression Schizoaffective disorder
 Schizophrenia Bipolar disorder

2 Do you have movements you can't control?

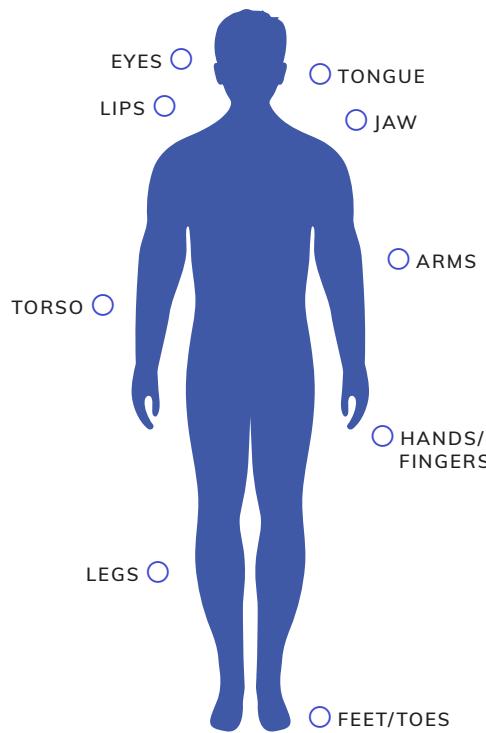
Yes
 No

4 How have these movements impacted you or your routine?*

No impact
 Mild impact
 Moderate impact
 Significant impact

*Make sure to share specific examples with your doctor, such as how the movements impact your ability to do household chores, to go out with friends and family, or how they impact your general mood.

3 Where on your body have you experienced uncontrollable movements such as pursing, puckering, excessive blinking, jerking, rocking, or twisting?



TELEMEDICINE TIPS

Even during these difficult times, you can still have a productive conversation with your doctor. The tips below can help you make the most of your next appointment.

Phone Appointment

Use this guide to describe the location of your movements. Consider having someone record your movements, then send the video to your doctor. This can help you have a more informative conversation.

Online Video Appointment

Use this guide to show your doctor the exact location of your movements.

Speak up—start a conversation about TD with your doctor

Now that you're learning more about TD, you might have some questions for your doctor about what TD is and the ways it can be treated. It may be helpful to write down some of your thoughts and questions in advance.

HERE ARE SOME THINGS YOU CAN DISCUSS WITH YOUR DOCTOR IN PERSON, OVER THE PHONE, OR ONLINE ABOUT YOUR UNCONTROLLABLE MOVEMENTS:

- ✓ The location of your movements
- ✓ When your movements started and how frequently they occur
- ✓ If others have noticed your movements
- ✓ The impact of your movements on your daily routine
- ✓ How your movements affect your thoughts and feelings
- ✓ How your movements affect your relationships with others

Use this space to write down any additional thoughts or questions you might have for your doctor about uncontrollable movements:

These talking points and/or short videos can help give your doctor a better picture of your uncontrollable movements, how they are impacting you, and if they are TD.

Together, you and your psychiatrist, neurologist, primary care physician, or nurse practitioner can create a management plan that's right for you.

If your movements turn out to be TD, it's important to know that there are treatment options available. Ask your doctor how you could start taking control of involuntary movements.