

Dokotela

Adults ADHD Appointment
Preparation



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Preparing for your ADHD Assessment



To help us provide you with the best possible care, we ask all patients to complete a pre-assessment form before their first appointment.

This form gathers important background information and physical test results for your psychiatrist.

Completing it in advance helps make your first session more focused and may reduce the number of appointments needed to begin treatment.

When will I receive the form?

Once you book an appointment, you'll receive a confirmation message with a link to the pre-assessment form.

When is the form due?

We recommend you complete and submit the form before your scheduled psychiatry appointment.

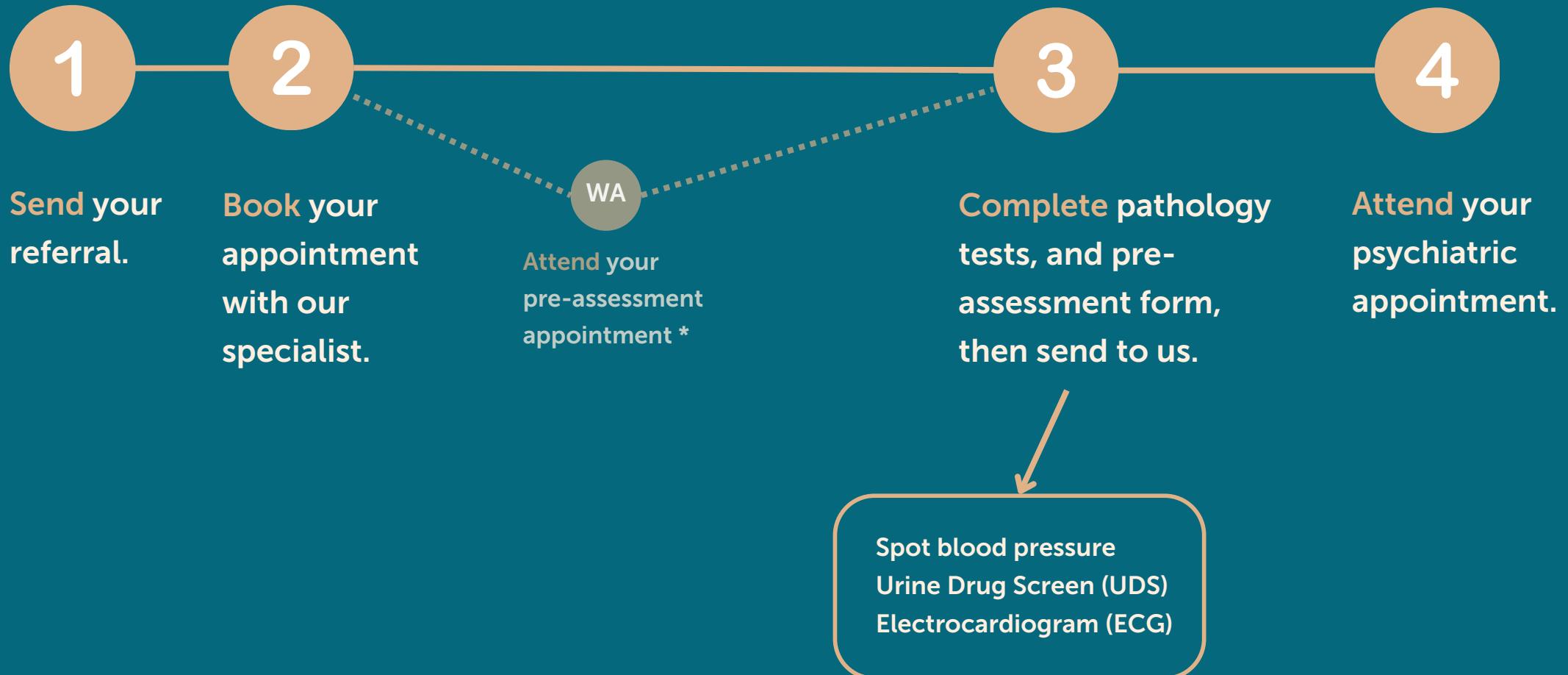
If it is not received in time, you may need additional appointments before treatment can commence.

How long will it take to complete the form?

Allow around 45–60 minutes to complete the form.

You'll find more details on what's requested in the following pages.

Our step-by-step guide:



* Pre-assessment appointments with a Dokotela psychologist may be required for those located in Western Australia.

Pre-Assessment Preparation

The pre-assessment preparation requirements will vary depending on whether you have been previously diagnosed and treated for ADHD, or if this is your first time being assessed.

➤ If you have been previously diagnosed and treated:

You will need to provide:

- **Physical tests:** Spot blood pressure, urine drug screen, and ECG.
- **Previous reports:** A psychiatry or paediatrician report confirming your diagnosis and outlining your past treatment plan.

► If this is your first ADHD assessment:

You will need to provide:

- **Physical tests:** Spot blood pressure, urine drug screen, and ECG.
- **School reports:** Two are recommended. If you cannot provide them, don't worry - our practitioners can still proceed without them.
- **DIVA Form:** This tool helps diagnose ADHD in adults.

[DOWNLOAD HERE](#)

- **Adult Observer ADHD Scale:** This form captures observations of your symptoms from someone close to you. A link to the form will be provided after you book your appointment.

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Important Note on Prescribing Medications

If an ADHD diagnosis is confirmed, the decision to prescribe medication will be made with careful consideration.

Stimulants are medications used to treat attention-deficit/hyperactivity disorder (ADHD).

They work by stimulating the parts of the brain needed for focused attention. Some commonly used stimulants include:

- Dexamfetamine
- Methylphenidate (Ritalin, Concerta, Teva)
- Lisdexamfetamine (Vyvanse)

Stimulants do not work for everyone. They also require careful monitoring as they can cause side effects.

Stimulants are controlled substances and there are numerous laws and regulations regarding how they can be prescribed. A negative Urine Drug Screen is required to obtain stimulant medications.

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Important Note on Prescribing Medications

Because both stimulant medications and medicinal cannabis act on similar brain pathways and can increase heart rate, anxiety, and psychosis risk when combined, our clinic policy is to prescribe one or the other — not both.

If you wish to continue cannabis treatment, stimulant therapy will not be prescribed.

If stimulant treatment is preferred, we require you to discontinue and remain off cannabis for at least four weeks, confirmed by urine drug screening.