

Intro for Medication Patients

Hi, I am glad you have come to me for your care. For a large number of people, psychiatric medication can be wonderfully helpful. If you do choose to start one, I would like to explain a few procedural matters to you so that you know what to expect.

Follow-Up

Because I really want to know you and keep up with what is going on in your life, all follow-up appointments are 45 minutes, and generally once a month in the beginning but can be once every three to six months once things settle down. Toward the end of each session we'll set up your next appointment and make sure you have enough medication to get through until then and little beyond.

If you do need to reschedule your next appointment, please don't wait until the last minute, because I can't refill your prescription without seeing you—and I do need to charge if you cancel with less than 24 hours notice.

Therapy

You may already be exploring your issues with a therapist on a weekly basis. If not, I'd be happy to provide that part of your care as well. Just let me know if you're interested, and we can figure out a way to make it possible--and affordable--for you.

Payment

I accept payment by credit card or cash at the time of each session. If you would like to submit for insurance reimbursement, I can give you a superbill containing the information you'll need. If at any time you can no longer afford my care, let me know and I can suggest a less costly alternatives.

Telephone Calls

Please call if you're concerned about potential side effects or if you're not doing well and need more help. If you reach my voicemail, please be as specific as possible in your message. If you need to discuss things in detail or start a new medication, we can move up the time of your next appointment.

Confidentiality

Everything we talk about is kept confidential to protect you and to help you feel safe to talk about whatever you need to.

Finishing Medication Treatment

It's difficult to predict how long anyone needs medication. Most people's needs are met in a few months, whereas others may benefit from being on medication on an ongoing basis. I don't believe everyone needs it and won't recommend it unless you're likely to benefit substantially from it. If at any time you wish to go off meds, call me, and I'll let you know you the safest way to proceed.

I look forward to working with you!

Adam Cotsen, M.D.