

# TARDIVE DYSKINESIA

## DOCTOR DISCUSSION GUIDE

### Do you have unintentional, uncontrollable body movements? It could be tardive dyskinesia (TD).

Most people with TD experience mild to severe twitching, shaking, or jerking in the hands, feet, face, or torso. Involuntary blinking, tongue movements, and other uncontrollable movements can also be signs of TD.



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.

Only your doctor can confirm if you have TD. Bring this completed guide to your next appointment and use it to help start a conversation about 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 any of the following mental health conditions? (Please check all that apply)

- Schizophrenia  
For how long: \_\_\_\_\_
- Bipolar Disorder  
For how long: \_\_\_\_\_
- Depression  
For how long: \_\_\_\_\_
- Other  
For how long: \_\_\_\_\_

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

- |   |   |
|---|---|
| <input type="checkbox"/> Mouth                | <input type="checkbox"/> Legs             |
| <input type="checkbox"/> Jaw                  | <input type="checkbox"/> Feet and/or toes |
| <input type="checkbox"/> Arms                 | <input type="checkbox"/> Other: _____     |
| <input type="checkbox"/> Hands and/or fingers |   |
| <input type="checkbox"/> Torso                |   |

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

- |   |  |
|---|--|
| <input type="checkbox"/> Involuntary blinking | <input type="checkbox"/> Hip thrusting |
| <input type="checkbox"/> Tongue movements     | <input type="checkbox"/> Other: _____  |

#### 4 How often do these unintentional, uncontrollable movements occur?

- Multiple times per minute
- Multiple times per hour
- Multiple times per day
- Other: \_\_\_\_\_

#### 5 Do you experience any of the following as a result of uncontrolled movements? (Please check all that apply)

- Difficulty speaking or being understood by others
- Difficulty writing
- Difficulty eating and/or swallowing
- Difficulty walking (problems with balance or coordination)
- Pain and/or discomfort
- Other: (please describe) \_\_\_\_\_

#### 6 Do your uncontrolled movements impact you emotionally in the following ways? (Please check all that apply)

- Stress  
Please explain: \_\_\_\_\_
- Embarrassment  
Please explain: \_\_\_\_\_
- Isolation  
Please explain: \_\_\_\_\_
- Other  
Please explain: \_\_\_\_\_

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## Talking to your doctor about TD

If you're experiencing unintentional, uncontrollable movements, having a conversation with your doctor is the first step toward 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 carepartner or loved one to join you at your doctor's 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 unintentional, uncontrollable movements.

### What to tell your doctor

- Describe your movements, including specific location (ie, face, hands, feet, or torso) and when you, your carepartner, 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 questions about TD, questions about possible management options, and a complete record of all the medications you take, including vitamins and herbal supplements.

### Questions for your doctor

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

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What are the next steps for managing my unintentional, uncontrollable movements?

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

*Learn more about TD symptoms, impact,  
and management at [TardiveImpact.com](https://www.TardiveImpact.com).*