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)
   - Mouth
   - Jaw
   - Arms
   - Hands and/or fingers
   - Torso
   - Legs
   - Feet and/or toes
   - Other: ________________________________

3 Have you experienced other uncontrollable movements such as: (Please check all that apply)
   - Involuntary blinking
   - Tongue movements
   - Hip thrusting
   - 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: ________________________________
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.

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TD-40502 July 2019