

Questions to ask your doctor

If you have recently been diagnosed with depression (major depressive disorder) but think you may have had signs or symptoms of bipolar disorder, it is important to discuss your concerns with your doctor.

The questions below can help guide you in talking with your doctor and exploring your symptoms together. Print out this page and take it to your appointment.

Questions about exploring your symptoms

1. Bipolar disorder is sometimes misdiagnosed as depression. Do you have any reason to suspect that I could have bipolar disorder? Can I share with you why I believe I may have bipolar disorder?
2. What types of symptoms should I be aware of or look for?
3. If you think that bipolar disorder could be a possibility, what would you do to confirm the diagnosis?

Questions about living with bipolar disorder

If I am diagnosed with bipolar disorder...

1. What types of medicines or other treatments might you prescribe for me? And what types of side effects might I face?
2. Would you suggest that I see other/additional health care professionals for bipolar disorder?
3. How often would I need to schedule office visits with you?
4. What would be the most important things I could do to stay physically and mentally balanced?