BETWEEN VISITS

Questions to discuss with a clinician

A printable prompt sheet for symptoms, safety, goals and next steps.

General health education - no patient data
Not a diagnosis. Discuss your situation with a qualified clinician.

How to use this sheet

Choose the questions that matter most to you. You can bring this page on paper or keep private notes. Nothing is submitted to the website.

You do not have to share more than you are ready to share, but accurate information helps a clinician assess safety and options.

Questions to discuss

- Could my cocaine use be affecting my heart, blood pressure, sleep or mood?
- What symptoms should prompt urgent care?
- Could another substance or medication be interacting with cocaine?
- What treatment options are available in Toronto?
- Would addiction medicine, counselling or withdrawal management be appropriate?
- What can I do to reduce immediate risks?
- Should I be tested for infections or other health complications?
- How can I get support if I am not ready to stop completely?
- How can a family member or support person help?
- What is the next step after this appointment?

Private preparation

- My main concern:
- Symptoms and when they began:
- What I hope to understand:
- The next step I want to discuss:

Sources and review record

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Geographic scope: Toronto, Ontario and Canada where labelled.

Government of Canada
Substance-use support and harm reduction information.
https://www.canada.ca/en/health-canada/services/substance-use/get-help-with-substance-use.html

CAMH
Cocaine and crack cocaine health information, Ontario.
https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/cocaine

CCSA
Canadian cocaine information and 2019 estimates.
https://www.ccsa.ca/cocaine

Ontario Poison Centre
Poison information and emergency guidance.
https://www.ontariopoisoncentre.ca/

Ontario Health811
Non-emergency health navigation in Ontario.
https://www.ontario.ca/page/health811-online-health-care-information

Physician review checkpoint: emergency wording, withdrawal and harm-reduction language, treatment descriptions, local service details, coverage classifications and this PDF must be reviewed before publication. This resource does not imply endorsement by Albany Medical Clinic or any service listed.