

Getting Ready for Your Appointment

Knowing when the symptoms started, as well as any changes in the health or medications of the person with Parkinson's, can help the care team understand what is happening and develop a plan of action. Be prepared with answers to the following questions:

- **When did you first experience hallucinations/delusions?**
- **Have there been any recent changes to your medication regimen? Have you started taking a new medication, or have there been any changes in dose or timing of the medications you are currently taking?**
- **Have you experienced any recent changes in health (e.g., recent fall with a head injury, urinary symptoms)?**
- **Have you had any changes in your sleep?**

If you look at this list, you'll see that most of these things change if you are admitted to the hospital: you experienced a change in your health, and being in the hospital can change your medication and sleep schedules.

You should make sure someone notifies your Parkinson's specialist if you are hospitalized for any non-PD reasons. It is important for the medical team treating you to understand Parkinson's disease, risk factors and contraindicated medications (the medications that are not safe for you to take). Bring your Parkinson's Foundation *Aware in Care* kit with you for any planned or emergency hospital visit. Turn the page for information on how to order your free kit. Visit Parkinson.org/Library for more Tip Sheets like this.