

The first 90 days after an adult ADHD diagnosis

A diagnosis is an answer. What comes next matters more. This guide sets out what the first three months often look like, and how to make them count.

01 Weeks 1 to 2: let the answer land

- Relief, grief and frustration are all common, sometimes on the same day.
- Read your written outcome again when things are calmer. Note any questions.
- Decide who you want to tell, and when. There is no obligation to tell anyone.

02 Weeks 2 to 6: starting treatment, if chosen

- If medication is started, the dose is usually built up slowly.
- Keep a simple daily note: sleep, appetite, mood, focus and any side effects.
- Take medicine as prescribed. ADHD stimulant medicines are tightly controlled, so scripts come only from your treating doctor.
- Do not drive or take on risky tasks until you know how a new medicine affects you.

03 Weeks 6 to 12: review and adjust

- Expect review appointments to check blood pressure, heart rate, weight, sleep and mood.
- Bring your notes. Specific examples help more than general impressions.
- Judge progress against two or three goals you set at the start, not against a perfect day.

04 Beyond medication

- Routines, reminders and simple systems still matter. Medicine can make them easier to keep.
- Coaching, psychology or skills programs can help with habits built over many years.
- Look after sleep, exercise and alcohol intake. Each affects focus and mood.

05 Planning for ongoing care

- ADHD is usually lifelong. Seeing the same doctor over time keeps care joined up.
- Ask how repeat scripts, regular reviews and urgent questions are handled.
- Keep your regular GP informed, especially if another doctor started treatment.

06 When to seek help sooner

Contact your doctor promptly for chest pain, palpitations, fainting, severe mood changes, thoughts of self-harm, or new worrying symptoms. In an emergency, call 000. Lifeline is available on 13 11 14.

This guide is general information for adults in Australia. Rules differ between states and change over time. Check current details with your GP or the clinic you plan to see. For clinical care with Dr Saini, eligibility, fees and bookings are on the Rosedale Medical Practice website: rosedalemedicalpractice.com.au