

## Reminders for Dr. Brynes' Patients

1. **Please arrive promptly.** Should you arrive late, your appointment will still need to end at its scheduled time. If you are more than 10 minutes late, Dr. Brynes may require you to reschedule.
2. If something comes up and you need to reschedule or cancel an appointment, make sure to do so at least 24 hours or more prior to your scheduled time. Should you cancel or fail to show up without **24 hours notice**, you will be responsible for payment for the appointment. Be aware, your insurance may not pay this fee.
3. Payment is required at **time of service**.
4. Please make sure to bring any **psychiatric medication records** to your appointment, as this will speed up the process of making/confirming your diagnosis and selecting appropriate treatment.
  - a. Please bring any neuropsychological testing, previous psychiatric evaluation, and lab work to your first appointment as well.
5. All clients who are prescribed a controlled substance for any reason will be required to sign a **Controlled Substances Agreement**. You will also be required to take random urine or saliva drug screens as a part of your treatment. This is to ensure your safety and the best effect of the medication you are prescribed.
  - a. All patients on benzodiazepines should know that these medicines are not indicated for long-term treatment. Dr. Brynes is happy to partner with you to **wean off of your benzodiazepine**. If you are not interested in working together to decrease and eventually stop use entirely, we recommend you seek treatment with a different prescriber.
6. **Bring a loved one.** Having someone who knows you well come with you will help Dr. Brynes in learning about you, and may also help relieve any worry about meeting a new provider.
7. Plan for an initial visit to last about 1 hour, and for a follow-up visit to last about 30 minutes, and **schedule accordingly**.

8. If you are able, schedule a brief period of time for something you enjoy after your initial evaluation. Talking about emotional and behavioral health can be taxing, and having a **moment to recharge** can help aid the return to your daily life.
9. Feel free to **bring any questions** you may have for Dr. Brynes, bringing a list is encouraged if helpful.

\*\*\*We look forward to working with you\*\*\*

Patient signature \_\_\_\_\_  
Date

DNP signature \_\_\_\_\_  
Date