

Questions to Ask Your Neurologist Before Adding Any Supplement

Printer-friendly version (black text, low ink) · Life with Parkinson's

A one-page checklist for the appointment — brought to you by someone who's been there.

A quick word before you go in

Hi — it's David. I'm nine years into living with Parkinson's, and I've learned this the hard way: **not every "natural" product plays nicely with Parkinson's medication.** I've had a supplement that interacted badly with my levodopa and left me confused for days. It wasn't dangerous in the long run — but it was scary, and it didn't have to happen.

This checklist is the conversation I wish someone had handed me at my first appointment. Fill in the blanks, ask every question, and write down the answers. You're not being difficult — you're being smart. Your neurologist will respect it.

SECTION 1 — Before you go (5 minutes)

- ☐ My current medications (name + dose + what time I take them):
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- ☐ The supplement I'm thinking about: ____
- ☐ Where I'd buy it / who makes it: ____
- ☐ The reason I want to try it (my symptom I hope it helps): ____

SECTION 2 — The 12 questions (ask all of them)

Write their answer next to each one.

1. **"Does this interact with levodopa — or any of my other medications — in any way?"**

Answer: ____

2. **"What dose would you start me on?"**

Answer: ____

3. **"Could this cause confusion, delirium, or changes in my thinking?"**

Answer: ____

4. **"What side effects should I watch for, and how soon would they show up?"**

Answer: ____

5. **"Do I take it with food, or on an empty stomach?"** (*Food — especially protein — can affect how my meds absorb.*)

Answer: _____

6. **“Can I keep taking my other medications while I test this?”**

Answer: _____

7. **“Is this product tested or regulated here in Canada?”**

Answer: _____

8. **“How long before I’d know if it’s helping — or if it isn’t going to work?”**

Answer: _____

9. **“What would ‘this is making things worse’ look like, and when should I stop and call you?”**

Answer: _____

10. **“Is there a non-supplement option you’d recommend I try first?”**

Answer: _____

11. **“Would you write down the dose and the plan, so I can show my family or caregiver?”**

Answer: _____

12. **“When should we check back in to see how it went?”**

Answer: _____

SECTION 3 — My personal “start low, go slow” rule

- Start at the **lowest possible dose**, less than what’s suggested if you can.
- **Change only one thing at a time** — never add two new products in the same week.
- **Tell one other person** exactly what you’re taking and when.
- **Keep a tiny log** for two weeks: date, dose, and any change in symptoms.
- **Never make big decisions during an OFF period.**

What to do next

- CBD experiment (honest account): <https://lifewithparkinsons.ca/cbd-oil-parkinsons-experiment-went-wrong/>
- Protein timing so levodopa works better: <https://lifewithparkinsons.ca/protein-parkinsons-levodopa-timing/>
- Home: <https://lifewithparkinsons.ca/>

Education only — not medical advice. Always follow your own neurologist’s guidance first.

Life with Parkinson’s · David Gebhart · lifewithparkinsons.ca