Clinician conversation worksheet

A private paper record of what is known, reported, and uncertain.

Do not wait for this worksheet during an emergency.

Suspected overdose or difficulty breathing: call 911 in the United States.

1. Product identity

Product name and form (tablet, gummy, liquid, leaf, other, or unknown)

Lot / batch number, label date, and any test report that matches this lot

Copy label claims exactly. An amount of extract is not automatically an amount of 7-OH.

Ingredient / amount	Basis: unit, serving, other	Unknown / conflicting details

2. What you report using

Reported amount and units, frequency, and approximate timing

When use began / changed; effects of past missed use (do not stop or delay to test)

3. Other medicines, supplements, and substances

List names, timing, and anything you are uncertain about

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Bring the package or clear label photos when possible. Leave missing information as unknown.

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4. Observations you want to discuss

Record what happened and when. This worksheet does not identify a cause or diagnosis.

Date / time: _____ Observation / context: _____

Date / time: _____ Observation / context: _____

Date / time: _____ Observation / context: _____

Date / time: _____ Observation / context: _____

5. Questions for the clinician

1. What information about this product or my symptoms is still missing?
2. Which symptoms or combinations require urgent care?
3. What care and support options are appropriate for my situation?
4. What follow-up should we arrange, and whom can I contact if symptoms change?

My main concern and any agreed follow-up notes

_____

_____

Keep your completed record private. Do not send personal health information to this site.

Original educational worksheet; no medical reviewer or clinical validation is claimed.

Source context

FDA clinician letter (July 2025): fda.gov/media/187898/download

NIH supplement/medicine record guidance: ods.od.nih.gov/factsheets/WYNTK-Consumer/

CDC overdose response: cdc.gov/stop-overdose/response/