



Titrio Focus

# Free Review Sample

A limited sample of the Titrio Focus prompts and one-week checklist.

This sample shows the kind of prompts Titrio Focus uses. It is not the working tracker. The one-week checklist can be bought on its own; the app is for longer tracking through titration and beyond.

**Safety note:** This checklist does not provide medical advice. It does not diagnose ADHD, interpret symptoms or readings, recommend medication changes, or replace advice from a qualified healthcare professional. If you are worried about symptoms, side effects or readings, contact your prescriber, GP, pharmacist, NHS 111 or emergency services as appropriate.

**This is a sample, not the app or full checklist.**

This sample gives a quick look at what Titrio helps people record. To use the fillable one-week checklist or the longer tracking app, register interest in Titrio Focus.

**Join Titrio Focus early access:** <https://www.titriofocus.com/beta-access#patient-beta>

**Created by Titrio Focus - ADHD medication review notes without the overwhelm.**

**Created by Lisa, ADHD Nurse Prescriber & Author.**

## Medication details to have ready

- Medication name and current dose.
- Date started or date dose changed.
- Usual time taken and whether it is immediate-release, modified-release or not sure.
- Prescriber or clinic, next review date, and pharmacy or prescription notes.
- Other prescribed medication, supplements, caffeine, alcohol, nicotine or other substances you want to mention.

**Note:** Do not change medication dose, timing or frequency without advice from your prescriber.

## What to track before a review

This sample is a preview, not a reusable tracker. It shows the kinds of areas covered by the standalone one-week checklist and the Titrio Focus app.

Area	What to notice	Example note style
Medication routine	Whether medication was taken as prescribed and any routine disruption.	Taken later than usual because of travel.
Sleep and appetite	Sleep last night, appetite today, missed meals or appetite changes.	Poor sleep and reduced lunch appetite.
Focus and function	Task initiation, staying with tasks, work, study, home routines or driving/travel routines.	Easier to start admin, harder late afternoon.
Mood and regulation	Irritability, anxiety, overwhelm or emotional regulation.	More irritable after a stressful workday.
Side effects or body changes	What happened, when it happened, how often, and how much it affected daily life.	Dry mouth most mornings, manageable with water.
Questions	Questions to bring to your prescriber rather than relying on memory.	What should I do if I miss a dose?

For guided app prompts, the fillable one-week checklist or longer tracking through titration, use Titrio Focus.

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## Physical health readings to bring if requested

- Blood pressure.
- Heart rate / pulse.
- Weight, if relevant.
- Date, time and where the reading was taken.
- Any difficulties taking readings.

Record readings exactly as shown on the device. Titrio and this checklist do not interpret readings. If you are concerned about a reading or feel unwell, seek medical advice.

NICE ADHD guidance recommends monitoring heart rate and blood pressure before and after each dose change and every 6 months. It also recommends considering BMI monitoring in adults if treatment-related weight change occurs.

## Questions and context to discuss

### Context that may affect the week

- Poor sleep, missed meals or illness.
- High workload, conflict or emotional stress.
- Menstrual cycle / hormonal changes, if relevant.
- Travel, routine change, caffeine change or alcohol use.
- Missed dose, later-than-usual medication, other medication changes or major life events.

### Questions for your review

- Is what I am experiencing expected during titration?
- What side effects should I keep recording?
- What physical health readings do you need from me?
- What should I do if I miss a dose?
- When should I seek medical advice urgently?
- When is my next review?

## Review summary prompts

- The main benefit I noticed.
- The main difficulty or side effect I noticed.
- The pattern I want to discuss.
- The thing I forgot to mention last time.
- The question I most want answered.
- Anything I am worried about, anything that felt better, and anything that felt worse.

Titrio Focus helps collect these details as you go, whether someone uses the one-week checklist or the longer app tracker.

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## When to seek help sooner

Do not wait for your next routine review if you feel acutely unwell, have severe or worrying side effects, chest pain, fainting, severe mood changes, suicidal thoughts, symptoms of mania or psychosis, signs of an allergic reaction, or any symptoms that feel urgent or unsafe.

For urgent medical help in the UK, use NHS 111, your GP, your prescriber or local urgent care. Call 999 or go to A&E; if someone's life is at risk, or if you do not feel you can keep yourself or someone else safe.

### Ready to make this easier?

Titrio Focus turns these sample prompts into a fillable one-week checklist, guided app entries and clearer review notes. It records, organises and helps you prepare, while your prescriber advises.

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**Scan to join Titrio Focus early access**  
<https://www.titriofocus.com/beta-access#patient-beta>

Titrio Focus is a review-preparation tool. It does not diagnose, prescribe, interpret readings, recommend medication changes, provide emergency support, or replace advice from a qualified healthcare professional.

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This checklist may contain sensitive health information. Store or share it carefully.