



Discussing OFF time and dyskinesia with your healthcare provider

Having more GOOD ON time to do what you love starts with talking to your healthcare provider. Use these questions and prompts to help guide the conversation about your experience, symptoms, and goals.

About OFF time and dyskinesia

- I sometimes experience uncontrolled, unpredictable twisting and turning movements. These occur in my face, arms, legs, and/or torso. Could this be dyskinesia?
- After taking my levodopa dose, there are times when it takes a while to work and for me to feel symptom relief and/or I often notice PD symptom control doesn't last the full time before my next dose. Could this be OFF time?
- How do I know that I am experiencing dyskinesia rather than a symptom of OFF time?

How OFF time and/or dyskinesia can impact daily activities

- Sometimes, due to my OFF time and/or dyskinesia, I find it difficult to engage in my hobbies and daily activities. Is this something that's just part of PD, or is there something that could help me control my movements better?
- My care partner or loved ones have pointed out a change in my PD symptoms. *Use the notes section below to capture symptom details.*
- Is there a way we could reduce both OFF time and dyskinesia together without adjusting my levodopa so I can maximize my GOOD ON time?

For care partners

- I see my partner's dyskinesia and/or OFF time symptoms getting worse, but my partner doesn't seem to notice or mind. Is this something I should be worried about?
- What can I do if my partner's OFF time and dyskinesia make our daily activities difficult?
- What medication options might be available so my partner can reduce either OFF time, dyskinesia, or both to maximize their GOOD ON time?
- How can I observe and track my partner's OFF time and/or dyskinesia so we can have an informed conversation during our next visit?

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