**Minimum Laboratory Monitoring for Psychotropic Medication**

**Mental Health Maintenance**

Because of the known metabolic side effects that occur in patients taking an atypical antipsychotic, baseline and periodic monitoring is recommended. BMI and waist circumference should be recorded at baseline and tracked throughout treatment. Ideally, obtaining measurements monthly for the first 3 months of therapy, or after any medication adjustments, then at 6 months, and annually thereafter.

These screenings/monitoring can be done at our facility or through your primary care physician however, if you use someone other the BT-Restoration and Healing Center INJ, LLC you will be required to provide these results to us in 3 months, 6 months and/or yearly intervals.

At BT-Restoration and Healing Center INJ, LLC, we can provide the necessary tracking of these measurements, as well as other necessary testing to keep your mental health maintenance on track.

Possible tests and/or monitoring would include EKG, Height measurements, weight, and abdominal girth, and blood lab work.

Acknowledgement:

Patient Signature:

Patient Printed Name:

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_