



ADD/ADHD TESTING REFERRALS FREQUENTLY ASKED QUESTIONS

You have been referred by your provider for formal ADD/ADHD diagnostic testing. This handout will address many of your questions and concerns about this process.

Why do I need the testing?

OSU Student Health Services does not prescribe ADD/ADHD medications without a formal diagnosis. Management of your medical condition requires the use of a controlled substance. Because of their potential for abuse and addiction, the use of these medications is strictly regulated by both the state of Ohio and the federal government.

I have been on medication from my pediatrician since childhood. Can he/she write a letter of support?

We are happy to review documents from your previous provider about your diagnosis and medication plan. However if formal testing was never performed, you will still need to have the testing done.

Where will the testing be done?

Your referral will be faxed to an office that is in-network with your health insurance. If you have the Student Health WilceCare Supplement insurance, the referral will go through your parents' insurance. If there are no providers in the area that accept your insurance, the referral coordinator will contact you to discuss your options.

How is my appointment scheduled?

Most offices prefer to contact patients directly for scheduling an initial consultation. However, the referral coordinator will also contact you directly and provide you with the office/doctor name and contact phone number.

How long will it take to get an appointment?

Consultation appointments can vary in time depending on the doctor's availability and your schedule and flexibility. Expect 2-4 weeks for a consultation appointment. The more flexible you are with your schedule, the sooner you can be seen.

When will my test results be ready?

After the consultation, the psychologist will discuss what testing would be necessary. He/she may want feedback from a parent regarding your behavior and symptoms as a child. You will return to the office **at least 2-3 times** for portions of the testing. After all the testing and feedback are collected, the psychologist will analyze the data and dictate a diagnostic letter for your referral provider. You may ask your psychologist how long it will be for the letter to be sent to your doctor.

How much does this testing cost?

Initial consultations normally cost a set co-payment or co-insurance amount. The testing itself will vary depending on the specific tests needed and your insurance policy. The psychologist can give you more information about this prior to starting the testing. If you have questions, you should contact your insurance company directly.

How long will it take to get my diagnosis and start medication?

We don't have a specific answer. From the time your referral is initiated to when we receive your diagnosis, it will probably be 6 to 8 weeks. This can be more or less based on outside factors. Once we receive the diagnosis from your psychologist, we can discuss the appropriate medication options.

My results did not confirm ADD/ADHD. Now what?

Not all students will come back with a diagnosis of ADD/ADHD. There are other psychological disorders, such as anxiety and depression, which can seem like ADD/ADHD. This is why we do the formal testing. Your provider will discuss the results and can either offer treatment for the diagnosis you were given or refer you to see a psychiatrist if appropriate.

Please contact your healthcare provider with any other questions.