

## Post-Appointment Information Sheet

Thank you for choosing LDNdoctor! We are very happy we could accommodate your needs and hope that we have met or surpassed your expectations. Below are common questions we receive from our patients. If you have a question that is not addressed below, please don't hesitate to contact us [here](#).



### LDN's Effectiveness

1. **How quickly will I see results from LDN?**

There is great individual variation in the time it takes to see results from LDN. In some disorders that involve pain or an inflammatory component, relief from symptoms is often first noticed very quickly, sometimes after the first couple of LDN doses. In other conditions that involve a more chronic form of damage, the results can take weeks to manifest. In a few cases of MS - the results can even take months to be evident. The best way to assess whether LDN is working is by creating your own personalized symptom chart. Score the intensity of your symptoms at the end of each day. This will allow you to objectively assess whether LDN is benefiting you.

2. **Is there anything I can take to make LDN more effective?**

Ensuring that your blood levels of Vitamin D are in the mid to upper range of the normal values is reported by physicians and patients alike to complement the effect of LDN. Please refer to Question #12 below.



### LDN Dosing and Timing

3. **How do I titrate up my dose, and how do I know what dose is best for me?**

Titration up on LDN is very individualized. If LDN is causing uncomfortable side-effects like vivid dreams or insomnia, you should not increase the dose until these effects subside. When there are no side effects, titrating up by 1.5 mg at a time is generally very well tolerated. If you feel no side effects at the dose you are at, then titrate up the following day. There is no need to wait. You know you are taking the correct dose when you feel better overall - less pain, more energy, better mood, less brain fog, etc. However, the amount of time it takes to feel the benefits of LDN is different for every patient.

4. **I take LDN at night and it really disturbs my sleep. What can I do?**

There is no need to take LDN at night. Clinical studies have not shown any specific benefit from taking it at night vs taking it earlier in the day. You can take it early in the evening or even in the morning, and this shouldn't affect your sleep.



## Compatibility of LDN

### 5. Can I take LDN with food?

There is some literature that indicates that LDN is more effective when taken on an empty stomach, as eating a high fat meal at the same time as taking LDN could delay absorption. However, taking it with food will not prevent absorption, but may only delay its absorption.

### 6. What medications should not be taken with LDN?

The use of any opiates (regular or synthetic) or opiate-mimicking medications should be avoided while taking LDN, unless suggested otherwise by your physician. This includes opiate painkillers, as well as the antidiarrheal drug, loperamide (Imodium). Also, Tums or calcium carbonate should be avoided, as it can interfere with absorption of LDN.

### 7. If I need to receive opiate painkillers in an emergency situation, what do I do with LDN?

LDN clears your system within 3-4 hours. If you are in a situation where you must take opioids, don't take LDN during that time. The action of non-opiate painkillers is not affected by LDN. You should make your doctor or any ER staff aware of when you last used LDN.



## LDN Prescriptions

### 8. The pharmacy supplied me with 3 months of LDN. How do I obtain more?

At the time of your appointment, a 3 month prescription with one refill was sent to your pharmacy. Whenever you are ready for your refill, call your pharmacy to arrange delivery. You do not need a new appointment to obtain the originally-prescribed refill.

### 9. It's been 6 months since my last appointment. How do I obtain a refill?

Please book an Existing-LDN-User Appointment to reassess your situation and obtain another 6 month prescription for LDN. You do not need to fill out a new intake form.

### 10. I need a change in my dosage. How do I get a new prescription?

If you have not yet used up your 6 months of LDN supply, [contact us](#) with details of the new dose you need and why. The doctor will review your request and update your prescription with the pharmacy.



## General Health-Related Information

### 11. Additional Healthcare Recommendations

During your appointment, Dr. Handler may have recommended nutritional supplements suitable for your specific condition. These can be ordered online from Fullscript. These are just recommendations, and whether or not you wish to order these supplements from Fullscript, or similar products from other suppliers, is completely at your discretion.

### 12. What is the optimal Vitamin D level?

The optimal Vitamin D level is 50 - 70 nmol/l. You can read more about Vitamin D [here](#).