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| **ADHD Medication Advice** |
| **Information about medication**There are different types of medication available. These will either be stimulants or non-stimulants. We have a few types of each.**Stimulant**medications – methylphenidate is usually the first choice and is most commonly prescribed. It is available in several brands and formulations:* Capsules: Equasym XL, Medikinet XL, Meflynate XL, or Metyrol XL
* Tablets: Affenid XL, Concerta XL, Delmosart XL, Matoride XL, Xenidate XL, or Xaggitin XL.

The "XL" in the name means that the medication is released slowly during the day.* XL capsules last 6 – 8 hours, often covering a primary school day
* XL tablets last 10 – 12 hours, typically ideal for children in high school.

If methylphenidate does not provide the desired results, another stimulant option called lisdexamfetamine (Elvanse), may be tried. This medication lasts between 11–13 hours and suits children who have not had the best response to methylphenidate.Side effects to medication can vary, but the most common side effects are changes to appetite or changes to sleep pattern. We will monitor any side effects at your child’s clinical review and give you advice and support if required **Non-stimulant** medications include atomoxetine or guanfacine (Intuniv). Both medications will last 24 hours in your child’s system. Non-stimulant medication must be taken every day as prescribed.If you want to know more about your medication, please visit [medicinesforchildren.org.uk](https://news.communications.halton.gov.uk/A6CA4E9DFD19804A4F442228E70BF7A35980A28ABBD3CA804D349BF3786B1249/E81F921CA69C1E83CDEDC201F8ADFEAD/LE35). In the search bar, type in the name of your medication as follows:* Methylphenidate
* Lisdexamfetamine
* Atomoxetine
* Guanfacine

It is important to understand that not every child will suit medication and not every medication will suit each child.We will do everything possible to work with you to find one that will help your child to be their best self.Medication is not the only answer, it is part of an approach which also includes good emotional health/self-esteem, good behaviour management and, finally, positive links and support from schools.Please note the following:* The medications listed are controlled drugs. This means that stricter rules under the Misuse of Drugs Act may apply, such as prescribing, dispensing and collecting prescriptions.

Please remember: a prescription for controlled drugs is only valid for 28 days from the date written on it. If your pharmacy owes you any medication, it must be collected within those same 28 days.* Please keep all medications in their original packaging and in a locked tin/cupboard out of the reach of children.
* All medication must be given by an adult and the child watched as they take the medication.
* Any lost or misplaced medication must be reported to the prescriptions line, so that it can be reported to the Trusts medicines management department.
* Any left-over or unwanted medication must be returned to the pharmacy and not placed in wastebins or flushed down the toilet.

It is very important to look after your child’s medicines. If there is a problem, for example you lose the prescription or medication, you must contact the service immediately, so that we can tell the right people and follow correct procedures.Jimmy CheungHead of Medicines Management. |