

## ADHD Treatment Plan

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### STIMULANT MEDICATION

*Why stimulant medication?* Because ADHD is a chemistry problem and medication can improve the brain's chemistry of attention. Just as we use medication to correct blood sugar chemistry in diabetes, we use medication to improve the brain's dopamine activity in ADHD. The key is to find the optimal dose of medication that works **best for the individual patient**. All of the medications have similar actions and side effects, but the effect on each individual brain can vary widely. As we understand the genetics and types of ADHD better, we will be better able to predict which medication to use. For now, it is based on experience to determine the perfect medication/dose. The process will sometimes require weeks to months and may involve some ups and downs. Just as if we were adjusting insulin in a diabetic. Patience and willingness to try are the two biggest contributions that parents and patients can make to the process. The medication should work the day you take it. Try the medication dose for three days to see if it is working and giving it two weeks to see if side effects will improve.

These medications are controlled substances. It is illegal for anyone except the patient for whom they were prescribed to take them.

**Prescriptions CANNOT be called in or faxed to the pharmacy.** You must have an original prescription to present to the pharmacist.

You can pick up your prescription at FOCUS-MD, or we can mail them to your home address. We cannot mail them to the pharmacy.

Please allow 24 hours when asking for a prescription, longer if we need to mail it to you.

**MEDICATIONS COMMONLY USED AT FOCUS-MD**

**Extended Release Stimulants**

\* Indicates generic available

<b>Ritalin based medications</b>	<b>Doses</b>	<b>Duration</b>	<b>Advantage</b>	<b>Disadvantage</b>
CONCERTA	18/27/36 54 36+36=72	8 to 12 hours—OROS technology	Smooth, little abuse potential	Can't divide the dose—don't cut! Must swallow
METADATE CD *	10/20/30 40/50/60	6-8 hours	Smooth, school day mediation, can sprinkle	Don't chew the beads, duration is shorter
FOCALIN XR*	5/10/15/20 25/30/35 40	8 to 12 hours— beaded technology	Can sprinkle, D isomer; Can be less smooth	Don't chew beads Usually doesn't last as long as Concerta
DAYTRANA The Patch	10/15/20 30	9 to 12 hours	Flexible timing ,low side effects and smooth	Skin irritation, 2 hours to full onset
QUILLIVANT XR Extended release liquid	25mg/5cc	8 hours	Smooth and can be dosed to the milligram	Similar in duration to Metadate CD
Methylphenidate ER	10/18/20 27/36/0/50 54/60	Variable – 6 to 10 hours	Formerly approved as a generic for CONCERTA	Variable in time release
QUILLICHEW ER	20/30 mg scored, 40 mg unscored	8-10 hours	Chewable compared to Quillivant XR	
APTENSIO XR	10/15/20 30/40/50 60	8-12 hours	Wide range of doses, can sprinkle, smooth and long lasting	

<b>Amphetamine Medications</b>	<b>Doses</b>	<b>Duration</b>	<b>Advantages</b>	<b>Disadvantages</b>
ADDERALL XR*	5/10/15/20 25/30	8 to 12 hours	Only long acting generic amphetamine	Mood issues and less reliable, more abuse potential
VYVANSE	10/20/30 40/50/60 70	8 to 12 hours	Smooth, reliable, longest acting medication, pro-drug less abuse risk	Long duration can lead to 'build up' of the medication leading to mood issues
ADZENYS XR ODT	3.1/6.3/9.4 12.5/15.7 18.8	8 hours	Dissolvable tablet	Doesn't compare mg to mg vs. Adderall
DYANAVEL XR	2.5mg/ml liquid	8 to 12 hours	Only liquid amphetamine product extended release	Doesn't compare mg to mg vs. Adderall

### Short Acting/Immediate Release Stimulants

\* Indicates generic available

<b>Ritalin Based Medications</b>	<b>Doses</b>	<b>Duration</b>
Methylphenidate	2.5/5/10/20	2 to 4 hours
Methylphenidate Liquid	5 mg/10mg	2 to 4 hours
Dextromethylphenidate	2.5/5/10	2 to 4 hours

<b>Amphetamine Medications</b>	<b>Doses</b>	<b>Duration</b>
Dextroamphetamine ER	5/10/15	2 to 4 hours
Dextroamphetamine	2.5/5/10/ 15/20/30	2 to 4 hours
ADDERALL*	5/10/15/20/30	2 to 4 hours
ZENZEDI	2.5/5/7.5/10/15/20	2 to 4 hours
EVEKEO	5/10	4 to 6 hours

**COMMON SHORT TERM SIDE EFFECTS of STIMULANT MEDICATION**

Side Effect	Advice on Side Effect
<p><b>Decreased appetite</b></p> <ul style="list-style-type: none"> <li>• Almost <b>always</b> occurs at first, especially at lunch. Expect this!</li> </ul>	<ul style="list-style-type: none"> <li>• Almost always gets better with time</li> <li>• Eat before taking the medication. Focus on good nutrition at breakfast and dinner when medication is less likely to be affecting appetite.</li> <li>• Eat small serving of protein rich food at lunch.</li> <li>• Referral to a nutritionist is available.</li> <li>• Increasing dose may or may not worsen appetite issues</li> </ul>
<p><b>Problems falling asleep</b></p> <ul style="list-style-type: none"> <li>• Many experts think that sleep onset problems have more to do with ADHD than the medications.</li> <li>• Often there is an expectation that the medication will affect sleep and so it does.</li> <li>• Many times patients are surprised that they sleep better!</li> </ul>	<ul style="list-style-type: none"> <li>• Ask for additional information on improving sleep</li> <li>• Melatonin may be used in doses up to 5mg for most patients. Melatonin is safe and effective. It should be given 30 minutes prior to bedtime.</li> <li>• Like appetite suppression, sleep issues may or may not worsen with increasing dose</li> </ul>
<p><b>Mood changes</b></p> <ul style="list-style-type: none"> <li>• Irritability,</li> <li>• Being too quiet or withdrawn,</li> <li>• Flat affect</li> <li>• Crying, being more emotional</li> </ul>	<ul style="list-style-type: none"> <li>• Time will usually help</li> <li>• Change in dose or medication can usually fix this</li> </ul>
<p><b>Motor or Verbal Tics</b></p> <ul style="list-style-type: none"> <li>• Eye blinking, throat clearing, jerking of the head/shoulder</li> </ul>	<ul style="list-style-type: none"> <li>• Tics vary over time independent of medication use</li> <li>• Usually get better with change in medication or dose.</li> <li>• Tics are affected by stress and worsen when noticed</li> <li>• Try to ignore them and notify provider if they persist or worsen</li> </ul>
<p><b>Picking</b> at skin or nails/cuticles or twirling hair, pulling hair out.</p>	<ul style="list-style-type: none"> <li>• Use a good hand cream like Neutrogena Swiss Formula mixed with a little antibiotic cream such as Polysporin.</li> <li>• Use a substitute behavior—give patient a fidget buddy like an eraser or rubber pencil grip</li> </ul>
<p><b>Headache</b></p>	<ul style="list-style-type: none"> <li>• Ensure good hydration</li> <li>• Eat protein before medication in the morning and again at lunch. Protein is found in meat, milk, cheese, yogurt, eggs, peanut butter and nuts</li> </ul>
<p><b>Stomachache/nausea</b></p>	
<p><b>Heart racing, palpitations</b> <b>Feeling dizzy or light headed</b></p>	<ul style="list-style-type: none"> <li>• Ok if mild, transient</li> <li>• Good hydration is essential</li> <li>• Call if symptoms recur or persist</li> </ul>

### GETTING STIMULANTS STARTED

- We generally want you to try **two different doses** of the medication before the follow up visit so that we can get closer to dose optimization sooner.
- We generally start with low doses and ask you to try medium doses before you return.
- We do this by giving you a prescription for low dose of stimulant and asking that you take one tablet or capsule for the first week and then two tablets or capsules (together at the same time in the morning before school) during the second week. Return to clinic on whichever dose you prefer.
- Remember to avoid any **other** medication or caffeine on the day of your follow up and strive for a good night's sleep the night before.
- Medication should be given at least 2 hours and less than 6 hours before the appointment.
- If you are running out of medication, have to reschedule your appointment please let us know and we can get a new prescription ready for you.
- Give medication 30 to 60 minutes before school starts and by 10 AM on weekends/holidays.

WEEK 1: Take one tablet or capsule = \_\_\_\_\_ mg

WEEK 2: Take two tablets or capsules at the same time in the AM = \_\_\_\_\_ mg

Then take whichever dose you prefer until the return visit in 2 to 3 weeks.

