

## Advice on your Methylphenidate tablets or capsules for Attention Deficit Hyperactivity Disorder (ADHD) in adults and children

There is currently a global shortage of some ADHD medicines, this is due to an increase in the number of patients requiring ADHD medicines and also due to some manufacturing issues. Some patients prescribed methylphenidate may need to be switched to a different brand temporarily so that they can continue to receive their medicine.

Ordinarily the brand should remain the same, however when supply of a specific brand is not available it is safe to switch to another similar brand, in consultation with your GP or ADHD specialist. All decisions regarding your medicines are being made in agreement with ADHD specialists.

The strength of your tablets or capsules may stay the same or change slightly, depending on what brands are available but your GP or ADHD specialist will try to ensure that the ADHD medicine you receive is as similar as possible to what you were prescribed previously.

The medicine may look different to what you are used to in terms of shape, size and colour of tablet or capsule. You may notice some slight differences in the effect of the medicine. Possible things you might notice include:

- The medicine may last longer, possibly keeping you awake at night
- The medicine may stop working sooner, meaning your symptoms are not as well controlled later in the day
- You could notice an increase or decrease in side effects

If any of the above occur and are causing you difficulties or concerns then please speak to your GP or community pharmacist in the first instance. Please be assured this is a temporary solution to a short term supply issue.

The supply disruption is expected to be short lived and we expect it to resolve by the end of the year. After the shortage is resolved, you will be reviewed to ensure you continue on the most appropriate product for you.

It is safe to have short breaks with your ADHD medicine, do not worry if you miss 1 or 2 days. You may wish to prolong the supply of your ADHD medicine by taking breaks on days where you feel you might be able to manage without it e.g weekends/non-working days/non-school days.

### Useful resources (Adults)

-The Royal College of Psychiatrists provides information about ADHD, in the form of a leaflet - <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/adhdinadults.aspx>

-<http://www.aadduk.org>- This is a website for, and created by, adults with ADHD including information on University and College issues for students with ADHD

### Useful Resources (Children and Young People)

-[Attention deficit hyperactivity disorder \(ADHD\) | NCMH](#) - Useful information and videos about ADHD for young people and parents

-<http://www.adhdfoundation.org.uk/> - ADHD Foundation for Parents, children, young people and professionals

- [Dr Susan Young - YouTube](#) - TOP TIPS videos offering support and ideas for Young people and parents