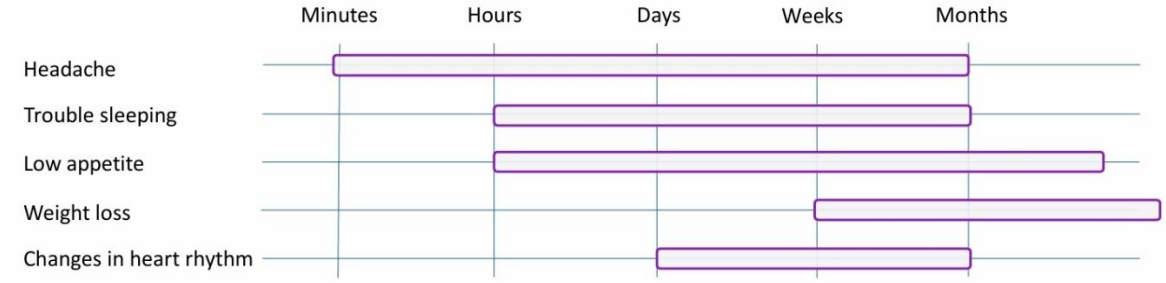
STIMULANTS

IMMEDIATE RELEASE – SHORT ACTING

Methylphenidate IR (Ritalin®, Artige®, Rinidate®)

- **dopamine and noradrenaline reuptake inhibitor in presynaptic neurons**

Dose and Regimen	6-12 years: 5mg po up to three times per day with or immediately after meals. Dose and/or frequency increases in increments of 5mg at weekly intervals. Maximum 40mg or 2mg/kg 12years -adult: 5-10mg po up to three times per day with or immediately after meals. Dose and/or frequency increases in increments of 5-10mg at weekly intervals. Maximum 60mg or 2mg/kg.
PK, PD and PGx	Quick onset of action ~ 30 minutes Duration of action ~ 4 hours Metabolised by CES1A enzyme
Adverse effects	Nervousness, GI irritation, Insomnia, Dry mouth, Decreased appetite, Constipation, Anxiety, Headache, Irritability, Aggression, Tachycardia, *Nasopharyngitis, Cough, Blurred vision, Arthralgia* **Time past since treatment with methylphenidate IR started:** 

Ritalin®	Artige®	Rinidate®
 Colour: white Shape: round Markings: A B, CG Scored: yes Length: 7.2mm Contain: gluten and lactose	 Colour: white Shape: round Markings: A B, CG Scored: yes Length: 7.2mm Contain: gluten and lactose	 Colour: white Shape: round Markings: 10, 73 Scored: yes Length: 7mm Contain: lactose and maize starch

Hints and tips	PBS for all ages treating ADHD Ritalin® and Artige® are chalky on the tongue, and if chewed have a bitter after taste. Rinidate® is distinctly bitter and has metallic taste. Ritalin® will disperse in ~ 5minutes, and Artige® in ~ 10 minutes. Put the tablet into an enteral syringe with 5mL water (1mg/mL solution) and shake well. Any remaining solution should be disposed of. Twice daily dosing is recommended at breakfast and lunch. In some instances, an afternoon dose is required for activity or event. Consideration of time of administration and insomnia effect should be clearly explained.

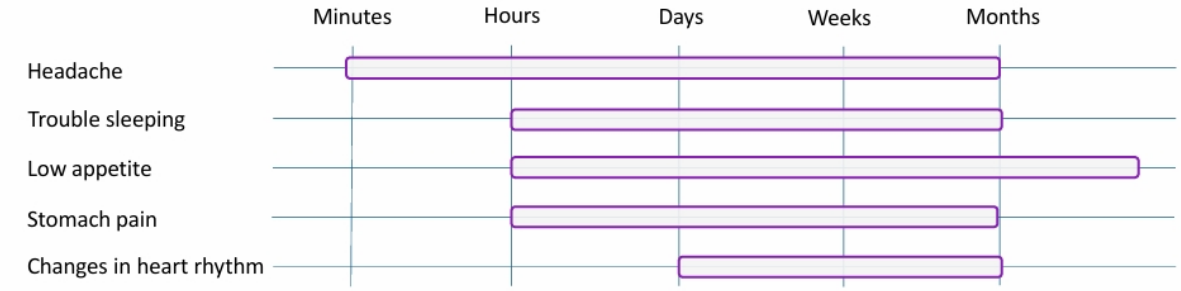
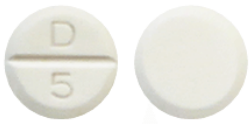
	Methylphenidate IR and XR can be used together initially for titration, and for adults (particularly for women around puberty and peri/menopause), when after hours activities are scheduled, however XR monotherapy is the recommended best practice. Use in pregnancy: Category D Breastfeeding: Monitoring is recommended as methylphenidate is excreted into milk (relative infant dose 0.2-0.4%)

STIMULANTS

IMMEDIATE RELEASE – SHORT ACTING

Dexamfetamine (Aspen dexamfetamine®)

- **dopamine and noradrenaline reuptake inhibitor, increase release of dopamine and noradrenaline from vesicles**

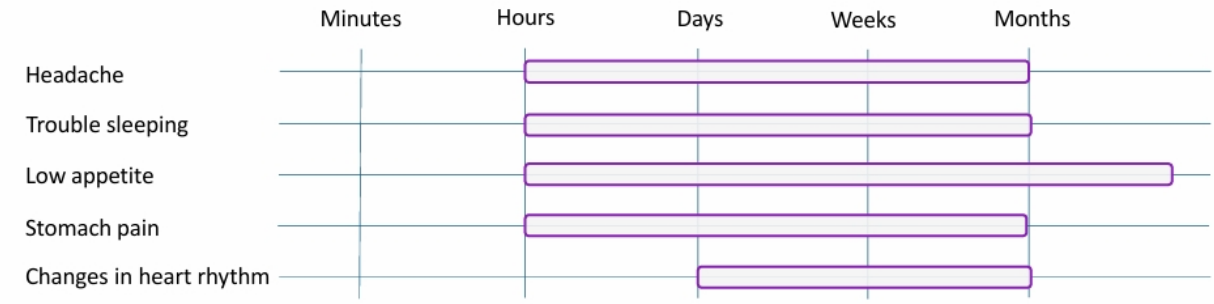
Dose and Regimen	2.5-5mg po up to twice per day (spaced by 4-6 hours) with or immediately after meals. Dose and/or frequency increases in increments of 2.5-5mg at weekly intervals. Maximum 40mg in 24 hours
PK, PD and PGx	Quick onset of action ~ 30 minutes Duration ~ 4 hours Metabolised by CYP2D6
Adverse effects	Dry mouth, Insomnia, Decreased appetite, Increased HR, Constipation, Feeling jittery, Headache, Anxiety, Irritability, Abdominal pain, *Unpleasant taste* **Time past since treatment with dexamfetamine IR started:** 
Hints and tips  Colour: white Shape: round Markings: D 5 Scored: yes Length: 8.35mm Contain: gluten and lactose	PBS for all ages treating ADHD Use in pregnancy: Chalky and sharp taste on tongue, starts to dissolve quickly in mouth. Very sharp taste when chewed however dissipates quickly to a sugary taste. Dexamfetamine will disperse in water in ~ 5minutes. Put the tablet into an enteral syringe with 5mL water (1mg/mL solution) and shake well. Any remaining solution should be disposed of. Twice daily dosing is recommended at breakfast and lunch. In some instances, an afternoon dose is required for activity or event. Consideration of time of administration and insomnia effect should be clearly explained Avoid coadministration with vitamin C and fruit juices ie acidifying agents reduce absorption. Use in pregnancy: Category B3 Breastfeeding: Monitoring is recommended as dexamfetamine is excreted into milk (relative infant dose 5.7%)

STIMULANTS

EXTENDED RELEASE – LONG ACTING

Methylphenidate MR (Concerta®, Methylphenidate-Teva XR®, Methylphenidate Sandoz XR®, Methylphenidate XR ARX®)

- **dopamine and noradrenaline reuptake inhibitor in presynaptic neurons**

Dose and Regimen	18mg po in the morning with or immediately after breakfast. Dose increments of 9mg can be done at weekly intervals but more likely monthly. For children aged 6-12 years maximum is 54mg in 24 hours, and 72mg in children older than 12 years.
PK, PD and PGx	Onset on action ~ 20 minutes Duration ~ 12 hours 22:78 preparation (22% immediate release: 78% extended release) Metabolised by CES1
Adverse effects	Nervousness, GI irritation, Insomnia, Dry mouth, Nasopharyngitis, Cough, Decreased appetite, Constipation, Anxiety, Headache, Irritability, Aggression, Blurred vision, Arthralgia, Tachycardia **Time past since treatment with methylphenidate MR started:** 

 Concerta® 18mg Colour: yellow Shape: oblong Markings: alza 18 Scored: no Length: 11.5mm Contain: lactose	 Concerta® 27mg Colour: grey Shape: oblong Markings: alza 27 Scored: no Length: 12.25mm Contain: lactose	 Concerta® 36mg Colour: white Shape: oblong Markings: alza 36 Scored: no Length: 14mm Contain: lactose	 Concerta® 54mg Colour: red brown Shape: oblong Markings: alza 54 Scored: no Length: 15.3mm Contain: lactose
 Methylphenidate-Teva® 18mg Colour: yellow Shape: oblong Markings: 2392 Scored: no Length: 12mm Contain: lactose	 Methylphenidate-Teva® 27mg Colour: grey Shape: oblong Markings: 2393 Scored: no Length: 12mm Contain: lactose	 Methylphenidate-Teva® 36mg Colour: white Shape: oblong Markings: 2394 Scored: no Length: 14mm Contain: lactose	 Methylphenidate-Teva® 54mg Colour: red brown Shape: oblong Markings: 2395 Scored: no Length: not available Contain: lactose

 Methylphenidate Sandoz XR® 18mg Colour: yellow Shape: round Markings: nil Scored: no Length: 12mm Diameter: 5.3mm Contain: lactose	 Methylphenidate Sandoz XR® 27mg Colour: grey Shape: round Markings: nil Scored: no Length: 12.2mm Diameter: 5.3mm Contain: lactose	 Methylphenidate Sandoz XR® 36mg Colour: white Shape: round Markings: nil Scored: no Length: 15mm Diameter: 6.8mm Contain: lactose	 Methylphenidate Sandoz XR® 54mg Colour: pink Shape: round Markings: nil Scored: no Length: not available Diameter: 7mm Contain: lactose
 Methylphenidate XR ARX® 18mg Colour: yellow Shape: oblong Markings: 2392 Scored: no Length: 12mm Contain: lactose	 Methylphenidate XR ARX® 27mg Colour: grey Shape: oblong Markings: 2393 Scored: np Length: 12mm Contain: lactose	 Methylphenidate XR ARX® 36mg Colour: white Shape: oblong Markings: 2394 Scored: no Length: 15mm Contain: lactose	 Methylphenidate XR ARX® 54mg Colour: red brown Shape: oblong Markings: 2395 Scored: no Length: 14.9mm Contain: lactose

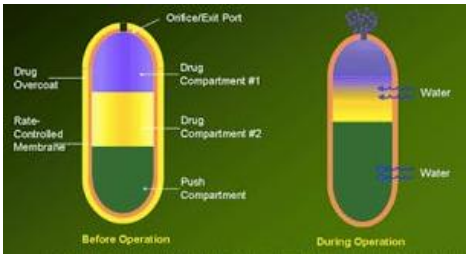
Hints and tips

PBS for children 6-17 years
PBS for adults if ADHD was diagnosed prior to turning 18 and treatment continues into adulthood, or for newly diagnosed adult patients whose diagnosis can be confirmed retrospectively

Leaving the tablet in the mouth or on the tongue does not dissolve quickly, however if left has a salty vinegar taste.

All brands of methylphenidate XR must be swallowed whole and not chewed, divided, or crushed

Concerta® trilayer tablet contains a rapidly dissolving outer overcoat (22% of dose for initial release at 1-2 hours), two internal drug layers (78% of dose for sustained release over 2-8 hours), and a semipermeable membrane that uses osmotic pressure to push medication out through a laser-drilled hole.



Concerta® capsules are not dissolved completely, during digestion the capsule can pass completely through the intestinal tract and may be seen in the toilet.

Concerta® capsule length ranges from 11.5mm up to 15.3mm. These are the smallest length extended release formulation.

Methylphenidate Sandoz XR® are the only round tablets, and the 54mg differs in colour to pink from the alternative brands which are red brown in colour.

The round tablet form of Methylphenidate Sandoz XR® are chalky in texture and are between 5-7mm depth (a swallowing consideration).

	Use in pregnancy: category D Breastfeeding: Monitoring is recommended as methylphenidate is excreted into milk (relative infant dose 0.2-0.4%)

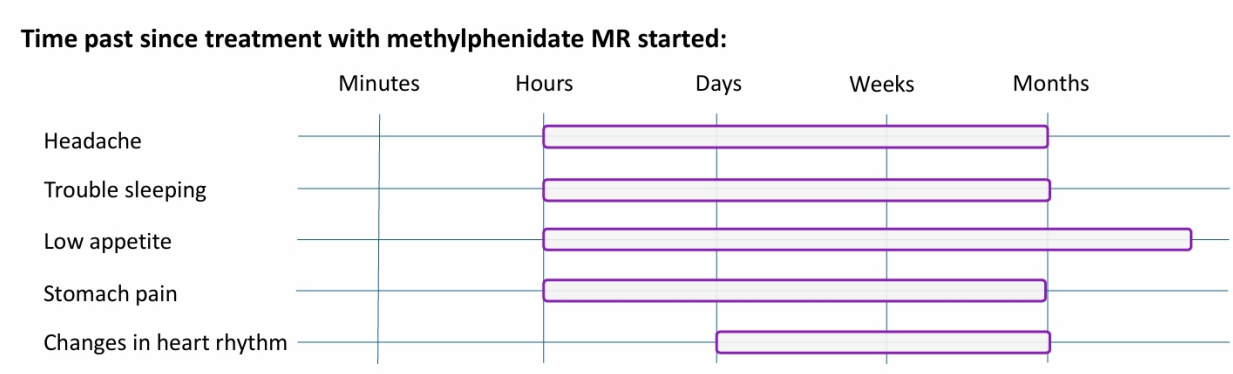
STIMULANTS

EXTENDED RELEASE – LONG ACTING

Methylphenidate MR (Ritalin LA®, Rubifen LA®, Attora LA®)

- **dopamine and noradrenaline reuptake inhibitor in presynaptic neurons**

Dose and Regimen	10-20mg po in the morning with or immediately after breakfast. Dose increments of 10mg can be done at weekly intervals but more likely monthly. Maximum 60mg in 24 hours [MIMS]
PK, PD and PGx	Onset of action ~ 20 minutes Duration ~ 8 hours 50:50 preparation (50% immediate release: 50% extended release) Metabolised by CES1
Adverse effects	Nervousness, GI irritation, Insomnia, Dry mouth, Nasopharyngitis, Cough, Decreased appetite, Constipation, Anxiety, Headache, Irritability, Aggression, Blurred vision, Arthralgia, Tachycardia



 Ritalin LA® 10mg Colour: tan, white Shape: capsule Markings: NVR, R10 Scored: no Length: 17.1mm Contain: maize starch	 Ritalin LA® 20mg Colour: white Shape: capsule Markings: NVR, R20 Scored: no Length: 17.15mm Contain: maize starch	 Ritalin LA® 30mg Colour: yellow Shape: capsule Markings: NVR, R30 Scored: no Length: 17.15mm Contain: maize starch	 Ritalin LA® 40mg Colour: tan Shape: capsule Markings: NVR, R40 Scored: no Length: 18.5mm Contain: maize starch	 Ritalin LA® 60mg Colour: tan, yellow Shape: capsule Markings: NVR, R60 Scored: no Length: 23mm Contain: maize starch
 Rubifen LA® 10mg Colour: yellow, white Shape: capsule Markings: RUB, M10 Scored: no Length: 17.5mm Contain: maize starch	 Rubifen LA® 20mg Colour: white Shape: capsule Markings: RUB, M20 Scored: no Length: 17.6mm Contain: maize starch	 Rubifen LA® 30mg Colour: ivory Shape: capsule Markings: RUB, M30 Scored: no Length: 18mm Contain: maize starch	 Rubifen LA® 40mg Colour: dark yellow Shape: capsule Markings: RUB, M40 Scored: no Length: 19.4mm Contain: maize starch	 Rubifen LA® 60mg Colour: dark yellow, ivory Shape: capsule Markings: RUB, M60 Scored: no Length: 21.7mm Contain: maize starch

 Attora LA® 10mg Colour: yellow, white Shape: capsule Markings: 10 Scored: no Length: 15.7mm Contain: maize starch	 Attora LA® 20mg Colour: white Shape: capsule Markings: 20 Scored: no Length: 15.7mm Contain: maize starch	 Attora LA® 30mg Colour: ivory Shape: capsule Markings: 30 Scored: no Length: 15.7mm Contain: maize starch	 Attora LA® 40mg Colour: yellow Shape: capsule Markings: 40 Scored: no Length: 19.4mm Contain: maize starch	 Attora LA® 60mg Colour: ivory, white Shape: capsule Markings: 60 Scored: no Length: 21mm Contain: maize starch

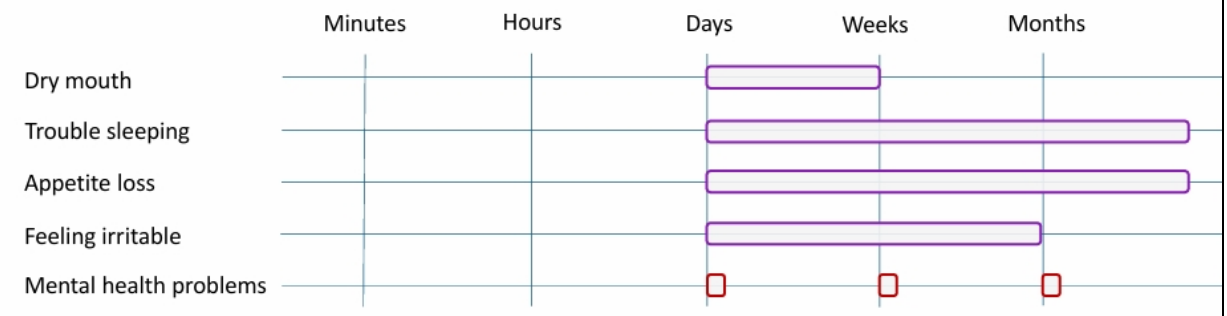
Hints and tips	PBS for children 6-17 years PBS for adults if ADHD was diagnosed prior to turning 18 and treatment continues into adulthood, or for newly diagnosed adult patients whose diagnosis can be confirmed retrospectively The capsules have a bland taste like an unflavoured, no sugar dry cereal. If left on the tongue it does not dissolve but can get sticky if left in the one spot. The beads inside have a smooth texture and no taste. The beads must NOT be crushed. All brands capsules can be opened, and the beads administered in a suspension of food (e.g. puree or yogurt) to cater for individuals who cannot swallow tablets/capsules whole. The food should not be warm because it could affect the modified release properties of the formulation. All of the mixture of drug and food should be immediately swallowed, unchewed. The drug and food mixture should not be stored for future use. A high fat breakfast may slow the rate of absorption and therefore onset of action. Dosage should, therefore, be standardised in relation to food to ensure consistency of effect. Ritalin LA® length ranges from 17.1mm up to 23mm. These are the longest length capsules in the extended release formulations. All brands use a bead-based bi-modal (biphasic) release system Use in pregnancy: category D Breastfeeding: Monitoring is recommended as methylphenidate is excreted into milk (relative infant dose 0.2-0.4%)

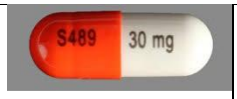
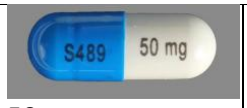
STIMULANTS

EXTENDED RELEASE – LONG ACTING

Lisdexamfetamine (Vyvanse®)

- **dopamine and noradrenaline reuptake inhibitor, increase release of dopamine and noradrenaline from vesicles**

Dose and Regimen	30mg po in the morning with or immediately after breakfast. Dose increments of 10-20mg can be done at weekly intervals but more likely monthly. Maximum of 70mg in 24hours.
PK, PD and PGx	Onset of action ~ 60 minutes Duration of action ~ 13 hours Metabolised by CYP2C19 and CYP2D6 ** still under investigation
Adverse effects	Dry mouth, Unpleasant taste, Insomnia, Decreased appetite, Increased HR, Constipation, Feeling jittery, Headache, Anxiety, Irritability, Abdominal pain **Time past since treatment with lisdexamphetamine started:**  ☐ *Seek immediate medical treatment if you experience this adverse effect*

					
20mg Colour: ivory Shape: capsule Markings: S489 20mg Scored: no Length: 16mm	30mg Colour: white, pink/orange Shape: capsule Markings: S489 30mg Scored: no Length: 16mm	40mg Colour: white, blue/green Shape: capsule Markings: S489 40mg Scored: no Length: 16mm	50mg Colour: white, blue Shape: capsule Markings: S489 50mg Scored: no Length: 16mm	60mg Colour: aqua blue Shape: capsule Markings: S489 60mg Scored: no Length: 16mm	70mg Colour: blue, pink Shape: capsule Markings: S489 70mg Scored: no Length: 16mg

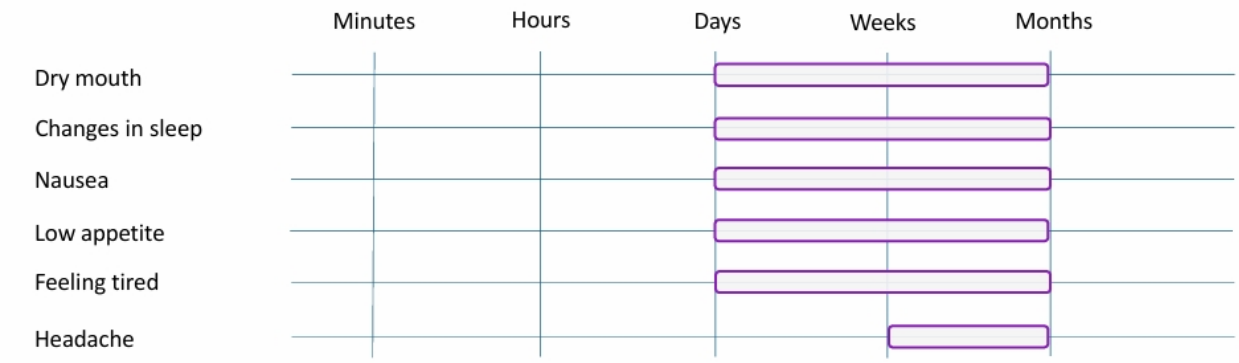
Hints and tips	PBS for children 6-17 years PBS for adults if ADHD was diagnosed prior to turning 18 and treatment continues into adulthood, or for newly diagnosed adult patients whose diagnosis can be confirmed retrospectively The capsules are smooth with no specific taste. If left on the tongue or moved around in the mouth before swallowing the capsule does not dissolve. The capsules soften in the mouth resembling a smooth jelly lolly texture. The capsule can be opened, and the contents can be mixed with food or water. There is no particular taste to the contents. Recommended to be taken with protein as individuals may find effects longer lasting and less of an afternoon/evening crash Avoid coadministration with vitamin C and fruit juices ie acidifying agents reduce absorption. All strengths of Vyvanse® are 16mm in length

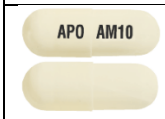
	Use in pregnancy: Category B3 Breastfeeding: Alternatives are recommended as limited information is available

NON STIMULANTS

Atomoxetine (APO-Atomoxetine®, Atomoxetine Sandoz®)

- **presynaptic noradrenaline transporter inhibitor**

Dose and Regimen	Up to 70kg: 0.5mg/kg per day for a week, then increase according to response up to 1.2mg/kg Maximum 80mg. >70kg: maximum daily dose is 100mg. Recommend commencing at 40mg daily for a week, then increase according to response. Once daily in the evening or morning, or as a divided dose
PK, PD and PGx	Onset of action minimum 1-2 weeks Duration of action up to 24 hours Metabolised by CYP2D6
Adverse effects	Higher incidence of ADEs initially Nausea, Somnolence, Constipation, Dyspepsia, Decreased appetite, Dizziness, Mood swings, Dermatitis, Insomnia, Palpitations **Time past since treatment with atomoxetine started:** 

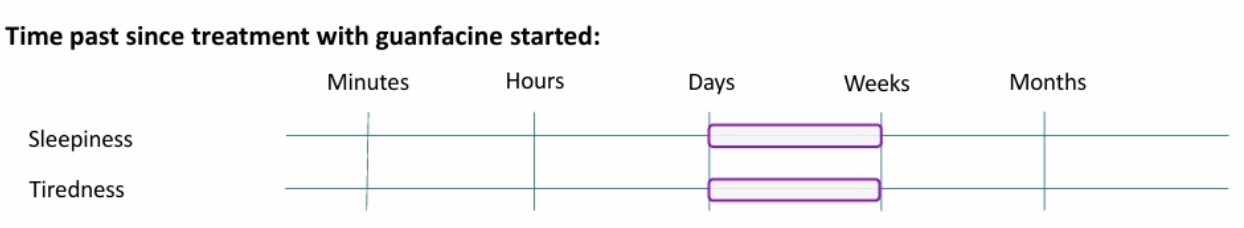
 APO-Atomoxetine 10mg Colour: white Shape: capsule Markings: APO AM10 Scored: No Length: 15.6mm Contain: maize starch	 APO-Atomoxetine 18mg Colour: yellow and white Shape: capsule Markings: APO AM18 Scored: No Length: 19mm Contain: maize starch	 APO-Atomoxetine 25mg Colour: blue and white Shape: capsule Markings: APO AM25 Scored: no Length: 14mm Contain: maize starch	 APO-Atomoxetine 40mg Colour: blue Shape: capsule Markings: APO AM40 Scored: no Length: 15.6mm Contain: maize starch	 APO-Atomoxetine 60mg Colour: blue, yellow Shape: capsule Markings: APM AM60 Scored: no Length: 16mm Contain: maize starch	 APO-Atomoxetine 80mg Colour: orange, white Shape: capsule Markings: APO AM80 Scored: no Length: 18.9mm Contain: maize starch	 APO-Atomoxetine 100mg Colour: orange Shape: capsule Markings: APO AM100 Scored: no Length: 18.7mm Contain: maize starch
						

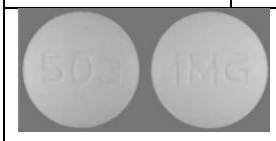
Atomoxetine Sandoz 10mg Colour: white Shape: capsule Markings: A910 Scored: no Length: 14mm Contain: maize starch	Atomoxetine Sandoz 18mg Colour: yellow and white Shape: capsule Markings: A918 Scored: no Length: 15.7mm Contain: maize starch	Atomoxetine Sandoz 25mg Colour: blue and white Shape: capsule Markings: A925 Scored: no Length: 15.8mm Contain: maize starch	Atomoxetine Sandoz 40mg Colour: Blue Shape: capsule Markings: A940 Scored: no Length: 17.7mm Contain: maize starch	Atomoxetine Sandoz 60mg Colour: blue and yellow Shape: capsule Markings: A960 Scored: no Length: 17.7mm Contain: maize starch	Atomoxetine Sandoz 80mg Colour: brown and white Shape: capsule Markings: A980 Scored: no Length: 19.6mm Contain: maize starch	Atomoxetine Sandoz 100mg Colour: brown Shape: capsule Markings: A900 Scored: no Length: 21.6mm Contain: maize starch
Hints and tips	PBS for children 6-17 years PBS for adults if ADHD was diagnosed prior to turning 18 and treatment continues into adulthood Both brands have a very bitter taste which can affect taste of foods and fluids for up to 30 minutes Capsules are not to be opened due to atomoxetine being gastric and ocular irritant Clinical effects between 4 and 12 weeks Precaution if hx QT prolongation Use in pregnancy: Category B3 Breastfeeding: Alternatives are recommended as limited information is available					

NON STIMULANTS

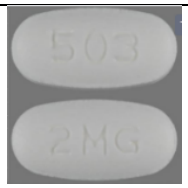
Guanfacine (Intuniv®)

- **selective alpha 2A adrenergic receptor agonist**

Dose and Regimen	1mg orally at bedtime. After 1 week may increase by 1mg weekly. <13 years maximum dose is 4mg >13 years maximum dose is 7mg
PK, PD and PGx	Onset of action between 1 to 4 hours Duration of action up to 24 hours Substrate of CYP3A4/3A5
Adverse effects	Somnolence, Hypotension, Nausea, Racing pulse Guanfacine can sometimes cause insomnia therefore morning dose is recommended. 



1mg
Colour: white
Shape: round
Markings: 1MG 503
Scored: no
Length: 7mm
Contain: lactose



2mg
Colour: white
Shape: oblong
Markings: 2MG 503
Scored: no
Length: 12mm
Contain: lactose

3mg
Colour: light green (mottled)
Shape: round
Markings: 3MG 503
Scored: no
Length: 8mm
Contain: lactose

4mg
Colour: green
Shape: oblong
Markings: 4MG 503
Scored: no
Length: 12mm
Contain: lactose

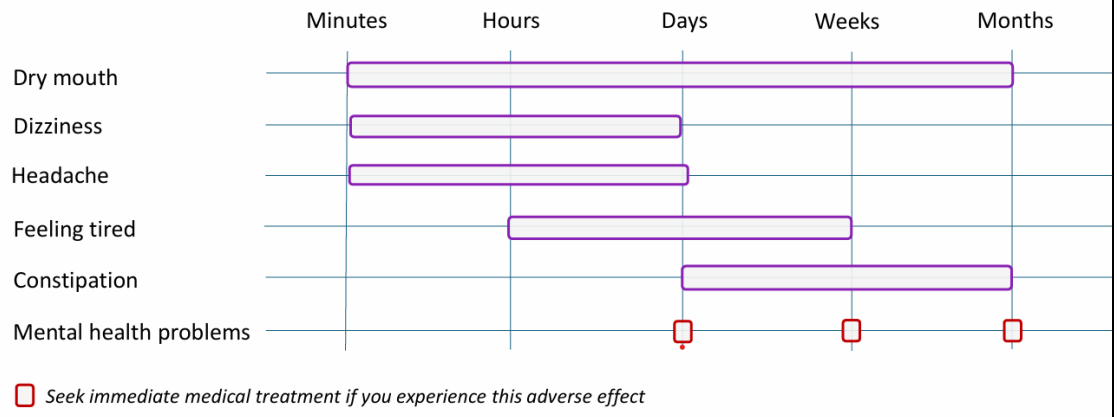
Hints and tips	PBS for children 6-17 years PBS for adults if ADHD was diagnosed prior to turning 18 and treatment continues into adulthood Guanfacine does not dissolve / coating does not breakdown on the tongue for up to 5 minutes. There is no taste. Tablets must not be crushed, chewed, divided or compounded Weekly blood pressure monitoring is highly recommended for the first 4 weeks then as instructed Not to administered with high fat meal or grapefruits juice Clinical effect at least 4 weeks Should be titrated on cessation by 1mg every 3-7 days Can be used as monotherapy or adjuvant to stimulant medication. Adjuvant particularly if insomnia and early morning behaviours are identified If at 3mg there is a positive response, continue 3mg for 4 weeks. If there is a full response continue 3mg, a partial response considering increasing to 4mg for 4 weeks, and no response advise to discontinue.

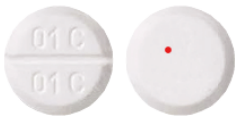
	Precaution if kidney or hepatic impairment Use in pregnancy: Category B3 Breastfeeding: There is no current clinical data available

NON STIMULANTS

Clonidine (Catapres, APO-Clonidine)

- **Centrally acting agonist at alpha 2 adrenoreceptor and imidazoline receptor**

Dose and Regimen	Child > 6 years: 25-50mcg at bedtime. May increase dose by 25-50mcg every 3 days according to response. Maximum 300mg daily split over 2 to 3 doses
PK, PD and PGx	Onset of action between 1-3 hours Duration of action up to 6-12 hours Substrate of CYP2D6 (major), CYP1A2, CYP3A4, CYP3A5 (minor)
Adverse effects	Dizziness, drowsiness, fatigue, headache, depression, nausea, vomiting, constipation, dry mouth, erectile dysfunction. **Time past since treatment with clonidine started:**  ☐ *Seek immediate medical treatment if you experience this adverse effect*

			
Catapres 100mcg Colour: white Shape: round Markings: 01C 01C Scored: yes Length: 8.15mm Contain: lactose, maize starch	Catapres 150mcg Colour: white Shape: round Markings: 15C 15C Scored: yes Length: 8.15mm Contain: lactose, maize starch	Clonidine Lupin 100mcg Colour: pink Shape: round Markings: YS 01 Scored: yes Length: 6.1mm Contain: lactose, maize starch	APO-Clonidine 100mcg Colour: pink Shape: round Markings: YS 01 Scored: yes Length: 6.1mm Contain: lactose, maize starch

Hints and tips	PBS for both 100mcg and 150mcg Clonidine may be monotherapy or added to stimulants Clonidine may be considered if there is a coexisting tic, oppositional defiant disorder, conduct discore, or insomnia Some hospital pharmacies may have clonidine transdermal 0.2mg/day which is applied to clear, dry skin and left in place for 7 days. If using for insomnia, best to administered 1 hour before bed Clonidine has a very bitter taste therefore it is best to swallow whole where possible. Tablets can be crushed or dispersed and mixed with water.

	Food does not affect absorption Initially can cause quite a dry mouth, and with each dose/frequency increase this can occur. Ensure adequate fluid intake. This symptom generally resolves. Use in pregnancy: B3 Breastfeeding: Considered safe to use with monitoring recommended as clonidine is excreted into milk (relative infant dose 0.9-7.1%)

References

Therapeutic Guidelines
AMH
MIMS
AADPA ADHD Prescribing Guidelines
The Women's Pregnancy and Breastfeeding Medicines Guide

This ADHD Medication Pharmacist Support reference is informed by the professional and lived experience of author Yvette Anderson, an Australian pharmacist with over two decades of diverse practice across community, hospital, and clinical review settings.

Yvette's early career included community pharmacy roles in Wagga Wagga, New South Wales (2002–2006), and Geelong, Victoria (2007–2014), followed by experience in private hospital practice in Geelong (2014–2017) alongside locum work across community pharmacies in the Geelong and Bellarine Peninsula region. She further expanded her hospital practice in both private and public settings in Launceston, Tasmania (2017–2019), and has worked in a public hospital in Bendigo, Victoria since 2019.

Since 2012, Yvette has practiced as a credentialed pharmacist, delivering Home Medication Reviews (HMRs), Residential Medication Management Reviews (RMMRs), and Quality Use of Medicines (QUM) services to community-dwelling and residential aged care patients. In parallel, she has developed and delivered education and clinical services focused on neurodiversity through her initiative, The Spectrum Pharmacist, formally established in 2020, with foundational work dating back to 2012.

This work is also shaped by Yvette's lived experience as a parent of neurodivergent children since 2009, providing a unique and deeply informed perspective that integrates clinical expertise with real-world understanding of neurodivergent individuals and their families.

Disclaimer: This document is provided for educational and support purposes only. The author, Yvette Anderson, is a credentialed pharmacist, not a medical doctor. The information contained in this guide should not replace the clinical judgment of a treating physician or medical specialist. Furthermore, this information is current only as of the time of publishing (June 2026, Version 4). Pharmaceutical data, PBS listings, and clinical guidelines are subject to change, and readers should verify any medication details with a qualified healthcare professional or current official resources.