

The Ultimate Guide to **ADHD** Medication

Everything you need to know about medication options, achieving optimal benefits, and overcoming side effects.

Includes
**MEDICATION
TRACKING
LOGS**



BY THE EDITORS OF
ADDITUDE
WITH LAURIE DUPAR, PMHNP,
AND WILLIAM DODSON, M.D.

ADDITUDE | Expert eBook

A trusted source of advice and information for families touched by attention-deficit disorder—
and a voice of inspiration to help people with ADHD find success at home, at school, and on the job.

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The Ultimate Guide to ADHD Medication

Everything you need to know about medication options, achieving optimal benefits, and overcoming side effects.

Get the Right Diagnosis (and Treatment)

The numbers tell the story: According to the Centers for Disease Control, 6.4 million children ages 4-17 have been diagnosed with ADHD, and it doesn't go away after puberty. Roughly two-thirds of children with ADHD grow up to be adults with ADHD. Today, about 8 million American adults have ADHD, though only a quarter of those have a formal diagnosis. The good news is that there are safe, effective treatments for the disorder. The best ADHD treatment strategies are multimodal ones—combinations of several different, complementary approaches that work together to reduce symptoms. For many people, this ideal combination includes diet, exercise, meditation, and/or ADHD stimulants. Experts know, from years of research and many studies, that stimulant medications are effective. They improve the core symptoms of ADHD—impulsivity, hyperarousal, and distractibility—in some 70-80 percent of the people who take them.

Nail Down the Diagnosis

A thorough evaluation and correct diagnosis are the foundation of

successful treatment. A faulty diagnosis leads to treatments that don't improve symptoms or, in some cases, make them worse. Doctors frequently mistake ADHD for other disorders—generalized anxiety disorder, depression, bipolar disorder, and even OCD—so it is important that your doctor use all the tools available to assess and diagnose the correct condition.

Diagnosis should include the following steps: taking a medical history to rule out physical causes of the symptoms; meeting the symptom guidelines of ADHD in the *DSM-5*; interviewing key people in the patient's life about behaviors; filling out rating scales to compare those behaviors with the normative average; and assessing for co-occurring conditions, such as depression, anxiety, learning disabilities, and others. Studies suggest that 50 to 90 percent of children, and approximately 85 percent of adults, diagnosed with ADHD have one or more co-occurring conditions.

Medication and Dose

When you and your doctor are confident of the diagnosis, and you decide to start medication, understand that you must work closely with your doctor to find the optimal medication and dose. There are two classes of stimulants—methylphenidate and amphetamine. Every person has a biological preference for one or the other class, but it is only through trial and error—taking methylphenidate and then, in separate trial, taking amphetamine—that a doctor can determine which one will work best. Stimulants do not work for 20-30 percent of people diagnosed with ADHD. When they don't, a doctor will consider using a non-stimulant medication to improve symptoms.

The optimal dose of an ADHD stimulant is not determined by age, weight, gender, or severity of symptoms. It is determined by three factors that are unique to each individual: how efficiently the medication is absorbed in the GI tract, how efficiently the medication is metabolized, and how efficiently the medication passes across the blood-brain barrier.

Experts agree that the right dose of stimulant will change throughout a patient's life. The American Academy of Pediatrics recommends adjusting a child's dose once a year to achieve symptom management. After age 16, a person usually settles into an optimal dose, which, in most cases, does not change for the rest of his or her life.

When thinking about starting a on ADHD medication, it is key that a

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9 Rules for Using ADHD Medications Safely
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patient know what to expect from various medication choices and what to do when the medication doesn't produce positive results. ("Understanding ADHD Medications," on pages 8 and 9, will give you a step-by-step overview of the process of using ADHD medications.)

How to Monitor a Medication's Effectiveness

After you start taking an ADHD medication, you want to make sure that symptoms are improving without side effects—mood changes, headaches, nausea, poor appetite, and so on. Monitoring behavior and physical symptoms is key to knowing when a medication is working and when it isn't. (The best tools for monitoring medication are the "Home Medication Log" and the "Observation Log" on pages 17 and 18 of this booklet.) This is especially important for younger children who can't articulate what they are feeling, but also for adults who may not realize how their symptoms impact others.

Remember that the optimal dose will probably need to be adjusted as a patient grows and matures. Hormonal changes alter the effectiveness of ADHD medication.

Below are the most common signs that a medication is doing what it should. You may notice other signs unique to your specific challenges. If you're not sure which improvements to look for, stick to these guidelines. If you see them even if some side effects remain, you are on the way to optimizing the medication's effectiveness.

- > **Sustained focus.** If the medication is starting to work, you will be able to focus for longer periods of time than you used to. This doesn't mean hyperfocus or "zombie focus"—just a sustained focus that you can direct to where you want it to go, and that makes you more productive.
- > **Less impulsivity.** If your medication is working, you'll notice less impulsivity—both physical and verbal. You will interrupt people or jump out of your seat less often. You will notice that your thoughts are less impulsive, too—you are less distracted by "brain chatter."
- > **Improved mood.** When ADHD medication is optimized, a person typically has an improved overall mood. He is less stressed, with less anxiety—usually shown by higher productivity and fewer social challenges.
- > **Greater attention to detail.** Details become more important—instead

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from the editors of
ADDITUDE

of skipping a step in directions, you will catch small mistakes before they happen.

> **Better memory.** Some patients report improved memory once they start taking ADHD medication. They can remember people's names more easily, and don't need to re-read the chapter of the book they read last night.

> **Better sleep.** Sleep problems are a common side effect of ADHD medication. But, in some cases, treatment helps individuals with ADHD fall asleep; the right medication can slow down their brains enough to quiet the racing thoughts that used to keep them awake.

Troubling Signs and Common Side Effects

What's the most obvious sign that a medication isn't working? You aren't feeling any of the positive effects mentioned above. But even if you are feeling some of them, the medication might not be perfect. You might not feel the benefits as consistently or as strongly as you would like, or you might be dealing with some uncomfortable side effects.

Most people know when they're experiencing unpleasant side effects, but some problems—especially in younger children—may slip by. Ask your doctor to list the most common side effects—nausea, appetite loss, irritability, sleeplessness, and headaches—so you know what to look for. You should also ask your doctor to explain the rare side effects that can be dangerous, like shortness of breath, allergic reactions, and heart problems.

Solutions to Common Medication Problems

If you aren't getting all the benefits from ADHD medication that you had expected, and are also experiencing side effects, there are five common explanations for the problem. Talk with your doctor about the problems and, between the two of you, you will be able to solve them.

1 **Wrong medication.** If you are taking the wrong medication, you may see some benefits—sustained focus, less impulsivity, improved mood, and so on—but they'll be faint, and negative side effects will outweigh them by a considerable degree. Are you more irritable than normal? Do you have a headache that won't go away? Are you sleeping worse than before? If you answer yes to any of these questions, it might be that you are taking the wrong medication. If so, talk with your doctor about switching to another.

2 **Generic versus brand name.** By law, a brand-name can vary in

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and How to Manage
Them <http://additu.de/cse>

its potency by only 1 percent, high or low, from pill to pill. However, a generic formulation can differ from the brand name it is trying to copy between 20 percent low and 25 percent high. That means different generics of the same drug might work differently from each other, or from the brand name.

People who are very sensitive to dose may find it hard to tolerate this much variability. If you switch from brand name to generic medications due to insurance requirements, and find that your previous medication was more effective, you might try a different generic formulation, one that might be carried by a different pharmacy. Or talk with your doctor. In most cases, she will be able to work with your insurance company to get you back on your previous medication.

3 Wrong dose. Some people tell their doctor that the medication is working, but the gains aren't big enough to make a difference in their lives. If this describes you, you might be taking the wrong dose. The medication dose may be too low, since prescribers start at the lowest recommended dose and increase it from there. But everyone responds to medication differently, and even a "low dose" might be too much for your particular brain and body. If you feel that your medication is helping, but could be doing more, talk with your doctor about adjusting the dose.

4 Wrong time. You could be taking medication too early, too late, or at an incorrect frequency. If it is taken too early, it wears off before you want it to. If it is taken too late, it doesn't kick in by the time you need it.

If it is being taken at the wrong frequency—only once a day, for instance, instead of multiple doses—its coverage will be inconsistent. If different times of day have different focus needs, ask your doctor about medication combinations. Perhaps you need a long-acting pill in the morning and a short-acting pill in the evening to keep focus level steady throughout the day.

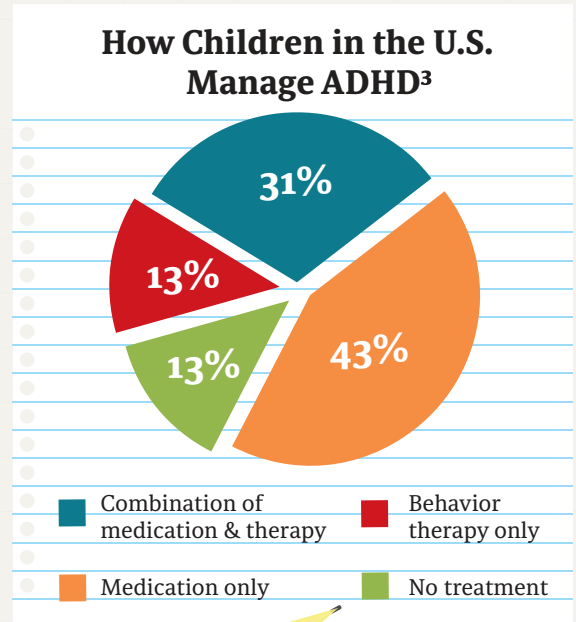
5 Interactions. While most medications interact well with those used to treat ADHD, there are a few exceptions. You shouldn't take ascorbic acid, or vitamin C, an hour before or after you take ADHD medication. ADHD stimulants are strongly alkaline, and cannot be absorbed into the bloodstream while these organic acids are present. High doses of vitamin C (1000 mg), in pill or juice form, can accelerate the excretion of amphetamine in the urine and act like an "off switch" on

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UNDERSTANDING ADHD MEDICATIONS

The decision to try medication is a difficult one. And finding the correct regimen can be just as hard. Here's an overview of ADHD medication options along with the signs and symptoms that it may be time to change your dosage—or the medication itself.

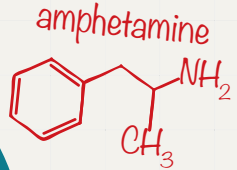
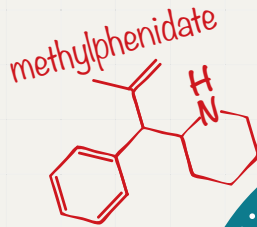


Stimulants:
the first line of defense¹

The stimulant class of medication works for **70-80%** of children with ADHD.²

Stimulants increase neurotransmitter levels of dopamine and norepinephrine between the brain's synapses. The result: reduced hyperactivity, distractibility, and/or impulsivity.

There are 29 FDA-approved stimulant medications. All of them use one of only two molecules: methylphenidate or amphetamine.



Some patients experience good results with methylphenidate; others prefer amphetamine. The best choice hinges on an individual's biochemistry; even family members can have different preferences.

SOURCES:

¹American Academy of Pediatrics, 2011, ADHD: Clinical Practice Guidelines for the Diagnosis, Evaluation, and Treatment of Attention Deficit Hyperactivity Disorder in Children and Adolescents.

²Centers for Disease Control, Attention Deficit Hyperactivity Disorder (cdc.gov/ncbddd/adhd/index.html).

³2009-10 National Survey of Children with Special Health Care Needs.

How Long Will the Medication Last?



Many ADHD medications carry an XR or ER suffix, which signifies an extended-release formulation designed to gradually release medicine into the bloodstream over 10-24 hours. Others specify a duration of 3-4, 6-8, or 8-10 hours, meaning a second daily dose may be needed. The only way to determine an individual's optimal formulation and dosing schedule is through careful experimentation, observation, and tracking.

For 20-30% of people with ADHD, stimulants do not work. For these patients, trying a nonstimulant is the next step.

If stimulants do work for you, adjusting dosage is the next step.

Nonstimulants:
what to try next

Atomoxetine, clonidine, and guanfacine are all FDA-approved nonstimulants that lower distractibility, impulsivity, and hyperactivity in some children with ADHD.

Find the Right Dosage

Dosage is not based on gender, age, or severity of impairment but on the rate at which the medication is metabolized and how efficiently it is absorbed by the body. Start at the lowest dosage and slowly increase it until the benefits are optimized without side effects.

3 Signs Your Dosage or Medication Needs Adjustment

- 1 Little improvement in ADHD symptoms or diminishing symptom control over time
- 2 Feeling "revved up" or "slowed down"
- 3 Experiencing side effects

Problematic Side Effects

Sleeplessness, headaches, mood swings, irritability, nausea, loss of appetite

Signs Your Medication Is Working

Sustained focus, improved mood, greater attention to details, better memory, better sleep, reduced impulsivity

the med. Caffeine is another culprit. It's also a stimulant, and many people with ADHD "self-medicate" with caffeine. Once you start taking an ADHD medication, you may find that the amount of caffeine you used to tolerate easily now makes you jittery and anxious.

How to Work with Your Doctor to Make a Medication Change

You know yourself best. But what happens when you have to rely on someone else's expertise to figure out the best ADHD medication management strategies? When you are wondering if the medication you are taking is really the best one? Or you have not been seeing the positive changes you were told to expect, or you are experiencing a side effect that troubles you?

You can't go it alone. You need to rely on the expertise of your medication prescriber to determine the best medication for you. How do you communicate with the doctor so that you are heard? When you are the expert on your body, and the doctor is the expert on ADHD medication, here are five things to keep in mind:

1 Doctors want to find the best medication. Medically speaking, a doctor's repertoire of treatment strategies is typically limited to prescribing medication. Working with you to find the right medication, dosage, and administration schedule means she has done her job.

2 Doctors depend on you. Because you know yourself best, prescribers rely on you to report any improvements or negative side effects that you are experiencing. Doctors use this information to determine the next change to make in adjusting medication, whether it's changing the dose or changing to another medication.

3 Keep track of what you observe. One of the first things a doctor will ask during a follow-up medication check appointment is, "How is the medication working?" Telling the doctor how you are sleeping or feeling is just the tip of the iceberg in providing information that is needed to find the best medication. Using a medication log will help you capture key information. For instance, noting when you take the medication and when it wears off are important to guide medication adjustments. Asking a teacher or loved one to track behaviors throughout the day will provide important information needed to assess the effectiveness of a medication.

4 Ask yourself these questions. Before you meet with the

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prescriber for a medication effectiveness appointment, think about your experience of taking the medication. Ask yourself: “What do I notice is different when I take the medication? When do I notice the medication starting to work after I take it? What do I notice when the medication is wearing off? If anything were possible, what else would I want the medication to help make different?” Don’t forget that you are the key person in this equation, and you have an important perspective to share—how the medication is working for you. Your voice and involvement in the process are invaluable.

5 Determine if your doctor knows her stuff about ADHD and medication. At a time when more people are being diagnosed with ADHD, and awareness of ADHD is growing, the fact remains that many doctors have had little training in diagnosing ADHD or in evaluating ADHD medications in medical school. Those doctors who are familiar with ADHD and the medications that treat it are often those who have taken it upon themselves to learn. So how do you find out if your doctor or medication prescriber is someone who has the medical expertise needed? Asking lots of questions will give you a basic idea of how qualified he or she is: What type of medication is this? Stimulant or nonstimulant? How does this medication work in my brain? How does it help ADHD? And so on.

Following our guidelines will make sure that you will have all the essential information and people on your team to determine the right category, dose, and timing of the ADHD medication—and to maximize your chances of safely getting all the benefits that ADHD medications can deliver. 📌

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TREATMENT REVIEWS

Readers’ Experiences
with Popular Meds
additu.de/review

ADHD Medication Options

MEDICATION	FORMULATION	COMPOUND	DURATION	DOSING CONSIDERATIONS	SAVINGS PROGRAM
METHYLPHENIDATE					
Adhansia XR® (Adlon Therapeutics)	Extended-release capsule 25 mg, 35 mg, 45 mg, 55 mg, 70 mg, 85 mg	Capsule with multilayer beads; 20% immediate-release layer and 80% controlled-release layer	12 hours or more	Capsule may be opened and contents swallowed completely with applesauce	See page 16
Aptensio XR® (Rhodes Pharmaceuticals)	Extended-release capsule 10 mg, 15 mg, 20 mg, 30 mg, 40 mg, 50 mg, 60 mg	Capsule with multilayer beads; 40% of dose in the immedi- ate-release layer and 60% in the extended-release layer (2nd peak at 7–8 hrs)	12 hours	Capsule may be opened and contents swallowed completely with applesauce	See page 16
Concerta® or generic (Janssen and others)	Extended-release tablet 18 mg, 36 mg, 54 mg, 72 mg	Tablet with OROS osmotic pump technology; biphasic release with initial peak at 1 hr (22% of dose) and 78% gradual release over 9 hrs	12 hours	Must be swallowed whole; non-absorb- able shell may be passed in stool	See page 16
Cotempla XR-ODT™ (NEOS Therapeutics)	Extended-release orally disintegrating tablet 8.6 mg, 17.3 mg, 25.9 mg	Dissolving tablet with 25% imme- diate-release microparticles and 75% extended-release	12-13 hours	Grape-flavored, allow to dissolve in saliva	See page 16
Daytrana® (Noven Therapeutics)	Transdermal patch 10 mg, 15 mg, 20 mg, 30 mg	Drug dispersed in adhesive layer; applied daily	10 hours with 9 hour wear-time	The time worn can be varied to control the duration of effects; monitor for skin rash or sensitivity. Discard patches appropriately	See page 16
JORNAY PM™ (Ironshore Pharmaceuticals)	Delayed release – Ex- tended release capsule 20 mg, 40 mg, 60 mg, 80 mg, 100 mg	Dual-layer delexis® delivery: outer layer delays release for up to 10 hours, inner layer controls daytime release	12 – 14 hours	Taken before going to sleep to provide early morning symptom control	See page 16
Metadate CD® (UCB, Inc.)	Extended-release capsule 10 mg, 20 mg, 30 mg, 40 mg, 50 mg, 60 mg	Diffucaps capsule with 30% im- mediate-release beads and 70% delayed-release beads*	8–10 hours	Capsule may be opened and contents swallowed completely with applesauce	
Methylphenidate HCl (Lupin)	Chewable tablet 2.5 mg, 5 mg, 10 mg	Methylphenidate HCl	3–4 hours	Grape-flavored chewable tablet	
Methylphenidate HCl (Mallinckrodt Pharmaceuticals)	Extended-release tablet* 10 mg, 20 mg	Methylphenidate HCl	6–8 hours	Swallow whole; do not crush or chew	
Methylin™ Liquid or generic (Shionogi Pharma, and others)	Oral solution 5 mg/5 mL, 10 mg/ 5 mL	Methylphenidate HCl	3–4 hours	Colorless, grape-fla- vored liquid; store at room temperature	
Quilichew ER™ (Tris)	Extended-release chew- able tablet 20 mg, 30 mg, 40 mg	30% of the dose is immediate-re- lease and 70% extended-release	12–13 hours	Cherry-flavored; may be taken with or without food	See page 16

* Administration with a high-fat meal may delay the time to peak absorption, but has no significant effect on total efficacy of medication.

MEDICATION	FORMULATION	COMPOUND	DURATION	DOSING CONSIDERATIONS	SAVINGS PROGRAM
METHYLPHENIDATE (Continued)					
Quillivant XR® (Tris)	Extended-release oral suspension 25 mg/5 mL	20% of the dose is immediate-release and 80% extended-release	12–13 hours	Fruit-flavored; may be taken with or without food. Shake bottle for at least 10 seconds. May be stored at room temperature	See page 16
Ritalin® or generic (Novartis and others)	Short-acting, immediate-release tablet 5 mg, 10 mg, 20 mg	Methylphenidate HCl	3–4 hours	Abrupt onset and offset increase the number and severity of side effects	
Ritalin LA® (Novartis)	Extended-release capsule 10 mg, 20 mg, 30 mg, 40 mg	Capsule with Spheroidal Oral Drug Absorption System (SODAS) technology; 50% immediate-release beads and 50% delayed-release (2nd peak 4 hrs later)*	8–12 hours	Capsule may be opened and contents swallowed completely with applesauce	
Ritalin SR® (Novartis)	Sustained-release tablet 20 mg	Methylphenidate HCl	8 hours	Tablets should be swallowed whole, never crushed or chewed	
DEXMETHYLPHENIDATE					
Focalin® or generic (Novartis and others)	Short-acting, immediate-release tablet* 2.5 mg, 5 mg, 10 mg	Dexmethylphenidate Hydrochloride	4–6 hours	Isolated active dextroisomer; give approximately 1/2 methylphenidate dose	
Focalin XR® or generic (Novartis and others)	Extended-release capsule 5 mg, 10 mg, 15 mg, 20 mg, 25 mg, 30 mg, 35 mg, 40 mg	Capsule with SODAS technology; 50% of the beads contained in the capsule are immediate-release and 50% are delayed-release *	8-12 hours	Capsule may be opened and beads swallowed completely with applesauce	See page 16
AMPHETAMINE					
Adzenys ER™ (Neos Therapeutics)	Extended-release oral suspension; 1.25 mg/ml	50% immediate-release and 50% delayed-release particles	10–12 hours	Orange-flavored; may be taken with or without food. Shake bottle vigorously before dispensing the dose.	See page 16
Adzenys XR-ODT™ (Neos Therapeutics)	Extended-release orally disintegrating tablet; 3.1 mg, 6.3 mg, 9.4 mg, 12.5 mg, 15.7 mg, 18.8 mg	Dissolving tablet with 50% immediate-release and 50% delayed-release particles	10–12 hours	Allow tablet to dissolve in saliva. Orange-flavored.	See page 16
Dyanavel® XR (Tris Pharma)	Extended-release oral suspension 2.5 mg/ml	Oral solution with bubblegum flavor	13 hours	Bubblegum flavor; may be taken with or without food. Shake bottle before preparing the dose. May be stored at room temperature	See page 16

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MEDICATION	FORMULATION	COMPOUND	DURATION	DOSING CONSIDERATIONS	SAVINGS PROGRAM
DEXTROAMPHETAMINE					
Dexedrine® (Amedra Pharmaceuticals and others)	Short-acting tablet 5 mg, 10 mg	Dextroamphetamine Sulfate	3–4 hours	Take first dose on awakening	
Dexedrine Spansule (Amedra Pharmaceuticals and others)	Extended-release spansule 5 mg, 10 mg, 15 mg	Dextroamphetamine Sulfate delivered in a sustained-release spansule. Initial dose released immediately, remaining medication released gradually.	5–10 hours		
ProCentra® and generic (Independence Pharma, Tris Pharma, and others)	Oral solution 5 mg/5 mL	Dextroamphetamine Sulfate	3–6 hours	Bubblegum flavor; may be taken with or without food. Shake bottle before preparing the dose. May be stored at room temperature	See page 16
Zenedi® (Arbor Pharmaceuticals)	Immediate-release tablet 2.5 mg, 5 mg, 7.5 mg, 10 mg, 15 mg, 20 mg, 30 mg	Dextroamphetamine Sulfate	4–6 hours	Take first dose on awakening	See page 16
METHAMPHETAMINE					
Desoxyn® (Recordati Rare Diseases and others)	Immediate-release tablet 5 mg	Methamphetamine	4–6 hours		
MIXED AMPHETAMINE SALTS					
Adderall® or generic (Teva and others)	Short-acting, immediate-release tablet 5 mg, 7.5 mg, 10 mg, 12.5 mg, 15 mg, 20 mg, 30 mg	Dextroamphetamine Saccharate, Amphetamine Aspartate, Dextroamphetamine Sulfate and Amphetamine Sulfate	4–6 hours	May be taken with or without food	
Adderall® XR or generic (Takeda and others)	Extended-release capsule 5 mg, 10 mg, 15 mg, 20 mg, 25 mg, 30 mg	Capsule with Microtrol delivery system: 50% immediate-release and 50% delayed-release beads*	10–12 hours	Capsule may be opened and beads swallowed whole with applesauce	
Mydayis® (Takeda)	Long-acting capsule 12.5 mg, 25 mg, 37.5 mg, 50 mg	Long-acting, triple-bead, mixed amphetamine salts formulation	14-16 hours	Capsule may be opened and beads swallowed whole with applesauce	See page 16

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MEDICATION	FORMULATION	COMPOUND	DURATION	DOSING CONSIDERATIONS	SAVINGS PROGRAM
AMPHETAMINE SULFATE					
Evekeo® (Arbor Pharmaceuticals)	Immediate-release tablet 5 mg, 10 mg	50 percent dextroamphetamine and 50 percent levoamphetamine	4–6 hours		See page 16
LISDEXAMFETAMINE					
Vyvanse® (Takeda)	Long-acting capsule 10 mg, 20 mg, 30 mg, 40 mg, 50 mg, 60 mg, 70 mg	Lisdexamfetamine Dimesylate; peaks in 3.5 hrs*	10–13 hours	Capsule may be opened and contents dissolved in water, yogurt, or orange juice; use immediately after dissolving	See page 16
Vyvanse® (Takeda)	Chewable tablet 10 mg, 20 mg, 30 mg, 40 mg, 50 mg, and 60 mg	Lisdexamfetamine Dimesylate; peaks in 3.5 hrs*	10–13 hours	Strawberry flavored; may be taken with or without food	See page 16
ATOMOXETINE					
Strattera® (Lilly)	Long-acting capsule 10 mg, 18 mg, 25 mg, 40 mg, 60 mg, 80 mg, 100 mg	All day atomoxetine	24 hours	Selective norepinephrine inhibitor. Starts working in a few days to one week, but may take several weeks to achieve full effect. Swallow capsule whole; powder is irritating. Dose is commonly divided in two to lower side effects	See page 16
CLONIDINE					
Kapvay® (Shionogi)	Extended-release tablet 0.1 mg, 0.2 mg	Clonidine Hydrochloride	24 hours	Swallow tablet whole	
GUANFACINE					
Intuniv™ or generic (Takeda and others)	Extended-release tablet 1 mg, 2 mg, 3 mg, 4 mg	Guanfacine	24 hours	Swallow tablet whole; a high-fat meal may increase absorption and lead to toxicity. FDA-approved for doses up to 7 mg	See page 16
BUPROPION					
Wellbutrin XL® (Bausch Health)	Extended-release tablet 150 mg, 300 mg	Bupropion HCL	24 hours	Low efficacy; takes 8 weeks to fully develop benefits.	See page 16

* Administration with a high-fat meal may delay the time to peak absorption, but has no significant effect on total efficacy of medication.

ADHD Medications Savings Programs on next page.

ADHD Medications Savings Programs

Adhansia XR™	Adhansia XR™ Savings Card (adhansiaxr.com). Eligible patients pay as little as \$15 for each fill.
Adzenys ER and XR-ODT™	Adzenys ER and XR-ODT™ Savings Offer (neosadhd.com). Eligible patients pay as little as \$15 for a 30 day supply.
Aptensio XR®	Aptensio XR® Patient Access Support Program (aptensioxr.com). Eligible patients will spend as little as \$30 .
Concerta®	Janssen Prescription Assistance Program (concerta.net). Janssen offers cost assistance programs to eligible patients.
Cotempla XR-ODT™	Cotempla XR-ODT™ Savings Offer (neosadhd.com) Eligible patients pay as little as \$15 for a 30 day supply.
Daytrana®	Savings on Daytrana® program (daytrana.com). Eligible patients pay as little as \$20 on 12 fills of 30 patches.
Dyanavel® XR	Dyanavel® XR Savings Offer (dyanavel.com). Eligible patients pay as little as \$20 for the next 12 fills.
Evekeo®	Evekeo® Copay Savings program (evekeo.com). Eligible patients may receive first 30 tablets free, then may pay as little as \$30–\$75 for each refill for up to 360 days' supply.
Focalin XR®	Focalin® XR Co-Pay Card (focalinxr.com). Eligible patients can save \$60 on prescription copay .
Intuniv™	Takeda (takeda.com) offers a “Help at Hand” patient assistance program , available by application.
Jornay PM	JORNAY PM Savings Offer (jornaypm.com). Eligible patients pay as little as \$30 for 13 fills per year.
Mydayis®	Mydayis® Savings Card (mydayis.com). Eligible patients pay as little as \$30 for each 30-day fill.
ProCentra®	Patient Coupon (independencepharma.com). Eligible patients pay as little as \$10 per fill .
Quillichew ER™	Quillichew™ Savings Offer (quillivantxr-quillichewer.com). Eligible patients pay as little as \$20 for the next 12 fills
Quillivant XR®	Quillivant XR® Savings Offer (quillivantxr-quillichewer.com). Eligible patients pay as little as \$20 for the next 12 fills.
Strattera®	Lilly (lilly.com) offers a “Lilly Cares” patient assistance program , available by application.
Vyvanse®	Takeda (takeda.com) offers a “Help at Hand” patient assistance program , available by application.
Wellbutrin XL®	Wellbutrin XL® Copay Savings Program (wellbutrinxl.com). Eligible patients pay as little as \$5 per 30-day prescription.
Zenzedi®	Zenzedi® Copay Savings program (zenzedi.com). Eligible patients may receive first 30 tablets free, then may pay as little as \$30–\$75 for each refill for up to 360 days' supply.

Discount programs may have limited eligibility based on income and insurance coverage

Are you taking an ADHD Medication?

Please share your experience by adding a review to the new Medication Reviews section on <http://additu.de/review>

Observation Log

Ask a loved one, teacher, or trusted coworker to fill out this form daily to monitor how well your medication is working during the day.

(This tracking form was developed and designed by Laurie Dupar, founder of Coaching for ADHD, coachingforadhd.com. Copyright © Laurie Dupar. Permission to copy for personal use only.)

NAME: _____							
Complete the following and note any observations to support your response:	DATE: MON	DATE: TUES	DATE: WED	DATE: THUR	DATE: FRI	DATE: SAT	DATE: SUN
Ability to stay on task at the beginning of the day?							
Ability to stay on task at the end of the day?							
Best time of day today was _____							
You did _____ well today							
Rate: Distractibility 1 (very distracted) to 10 (on task consistently)							
Rate: Ability to stay focused 1 (frequently unfocused) to 10 (consistently focused)							
Rate: Emotionality 1 (emotionally upset) to 10 (calm/satisfied)							
Rate: Ability to switch tasks 1 (switching is difficult) to 10 (switches easily)							
Rate: Organization 1 (organized) to 10 (unorganized)							
Rate: Socialization 1 (unsocial or struggles socially) to 10 (appropriately social)							
Rate: Ability to complete tasks 1 (frequently incomplete) to 10 (consistently complete)							
Rate: Ability to stay on task 1 (off task a lot) to 10 (stays on task)							
Rate: Ability to initiate task 1 (hesitates) to 10 (starts right in)							
Rate: Preparedness 1 (not prepared) to 10 (well prepared)							
Rate: Need for clarification of directions 1 (frequently asks for clarification) to 10 (no need for clarification)							
Rate: Impulsivity Verbal interruption? Waiting turn? 1 (frequently impulsive) to 10 (not impulsive)							
Rate: Hyperactivity Restlessness, Fidgetiness, Talkativeness... 1 (frequently hyperactive) to 10 (not hyperactive)							
Time when the person might seem more "challenged" than usual?							

Home Medication Log

Fill out this form daily to monitor how well your medication is working at home. The information will help your doctor make medication adjustments, if needed.

(This tracking form was developed and designed by Laurie Dupar, founder of Coaching for ADHD, coachingforadhd.com. Copyright © Laurie Dupar. Permission to copy for personal use only.)

Complete the following and note any observations to support your response:	MON	TUES	WED	THUR	FRI	SAT	SUN
Name of medication:							
Dose of medication and number of tablets							
Time(s) you are taking the medication?							
Time the medication starts working after taking it?							
How you know the medication is working: Increased focus? Sense of calm? Reduced impulsivity? etc.							
Time the medication wears off?							
Symptoms when medication is wearing off? Foggy? Hungry? Irritable? Tired?							
Hours of sleep last night? Hours of nap?							
Rate: Mood today 1 (bad) to 10 (great)							
Rate: Irritability/Agitation 1 (a little) to 10 (a lot)							
Rate: Ability to concentrate/focus today 1 (a little) to 10 (a lot)							
Rate: Memory for today 1 (a little) to 10 (a lot)							
Rate: Energy for today 1 (a little) to 10 (a lot)							
Rate: Ability to complete tasks 1 (a little) to 10 (a lot)							
Rate: Motivation/Incentive 1 (a little) to 10 (a lot)							
Rate: Appetite 1 (a little) to 10 (a lot)							
Rate: Impulsivity 1 (a little) to 10 (a lot)							
Other symptoms or side effects concerning to you Nausea? Headache? Tics?							

ADDitude eBooks Available Now

<https://www.additudemag.com/shop/>

ADHD Medication and Treatment

The latest information on managing medication, starting behavior therapy, evaluating alternative treatments, and more.

You're relieved to know, finally, that your or your child's symptoms are due to ADHD. But now, you have questions — on everything from which medications are available to how to tell if they're working properly. In this comprehensive special report, you'll learn how to seek an accurate diagnosis and plan a treatment plan that's right for you or your child.

>> Learn more about this *ADDitude* eBook: <http://additu.de/treatment>

Mindfulness and Other Natural Treatments

Mindfulness has been called a superpower. A therapy for depression. And even the key to finding calm in a sea of ADHD-fueled distress.

But what is it exactly? How do you learn it? And does it really improve focus and organization? This eBook answers those important questions along with how mindfulness helps ADHD brains, how to start practicing mindfulness today, and the impact of exercise and greentime on symptoms.

>> Learn more about this *ADDitude* eBook: <http://additu.de/mindful>

9 Conditions Often Diagnosed With ADHD

About 80% of people with ADHD are diagnosed with another psychiatric condition at some point in their lives.

This downloadable eBook is your essential guide to the signs and symptoms of the nine conditions that typically overlap or get confused with ADHD, plus guidelines for diagnosis and living successfully with depression, anxiety, OCD, learning disabilities, and other related diagnoses.

>> Learn more about this *ADDitude* eBook: <http://additu.de/related>

More ADDitude Free Downloads

Who Can Treat ADHD?

Doctor? Psychiatrist? Coach? Learn who can treat attention deficit.

Secrets of the ADHD Brain

Learn why we think, act, and feel the way we do.

Does Your Child Have a Learning Disability?

Use this self-test to find out if your child's problems at school may be due to LD.

ADHD Vitamins and Supplements

Find out which herbs, vitamins, and nutritional supplements may help control some symptoms of ADHD.

9 Foods to Eat (And Avoid) for Improved ADHD Symptoms

Your guide to a high-protein, low-sugar, no additive diet.

It's Not ADHD: 3 Common Diagnosis Mistakes

Doctors are sometimes too quick to diagnose ADHD. Read up on common misdiagnoses.

11 ADHD Coping Mechanisms

Dr. William Dodson's 11 ADHD-tested treatment strategies that really work.

Find these and many more free ADHD resources online at:

<https://www.additudemag.com/download/>

ADHD Webinar Replays from ADDitude:

7 Ways to Be More Productive

>> <http://additu.de/7-ways>

Underachiever. Disappointment. Slacker. Too many individuals with ADHD have heard these insults at work (or at school). The potential is there. The brains are there. And the ideas are definitely there. But ADHD symptoms get in the way, and we can't seem to deliver for our bosses or teachers. It's frustrating for everyone. In this webinar, Alan Brown discusses 7 strategies to go from ADHD "mess" to success.

The ADHD-Executive Function Connection

>> <http://additu.de/efunction>

"Can you have executive function problems without having ADHD?" "Does a normal ADHD evaluation pick up executive function problems?" "How do you improve executive functions?" In this expert webinar, Thomas E. Brown, Ph.D., answers these questions. Learn about the connection between ADHD and executive functions, how they affect focus and organization, and more.

Mindfulness for Adults Living with ADHD

>> <http://additu.de/mind>

Mindfulness can reduce stress and improve mental clarity for those with ADHD. In this expert webinar, Mark Bertin, M.D., discusses strategies for incorporating mindful awareness into your daily life, and how people with ADHD can achieve healthy eating and sleeping patterns by practicing it.

How to Use and Adjust Stimulants Safely

>> <http://additu.de/management>

Most ADHD diagnoses are quickly followed by a prescription for stimulant medication, the widely accepted first-line treatment for ADHD symptoms. Yet many clinicians receive little training in how to use these medications effectively. If a patient has a less-than-ideal experience when starting medication, and the clinician doesn't respond quickly, he or she is unlikely to keep taking it faithfully. In this webinar, William Dodson, M.D. explains how physicians and patients can ensure safe and consistent treatment.

Is It Really ADHD? How to Get the Diagnosis Right

>> <http://additu.de/test-for-adhd-diagnosis>

There's no definitive test for ADHD, no blood analysis, no brain scan, no genetic screening. So, evaluating and diagnosing it is not a quick or simple task. The good news, you can avoid common pitfalls with this step-by-step plan. In this expert webinar, Thomas E. Brown, Ph.D., lays out exactly what it takes to make an accurate ADHD diagnosis.

FREE ADHD Newsletters from ADDitude

Sign up to receive critical news and information about ADHD diagnosis and treatment, plus strategies for school, parenting, and living better with ADHD:

<https://www.additudemag.com/adhd-newsletters/>

Living with Adult ADHD

Expert advice on managing your household, time, money, career, and relationships

Parenting Children with ADHD

Behavior and discipline, time management, disorganization, making friends, and more critical strategies for parents

ADHD at School

How to get classroom accommodations, finish homework, work with teachers, find the right schools, and much more

Diagnosing & Treating ADHD

Treatment options including medications, food, supplements, brain training, mindfulness and other alternative therapies