

## **PATIENT INFORMATION LEAFLET**

### **METHYLPHENIDATE**

#### **ABOUT** your medicine

Methylphenidate is a stimulant. It is used alone or in combination with psychological, educational, social or other remedial therapies in the treatment of attention deficit hyperactivity disorder (ADHD) in children aged 6 years and older. ADHD is characterized by symptoms such as moderate to severe distractibility, short attention span, hyperactivity, impulsivity, carelessness, accident-proneness, irresponsibility and failure to complete tasks.

Stimulation by methylphenidate causes an increase in mental alertness, diminished sense of fatigue and brighter spirits.

#### **HOW** should I take the medicine?

Your doctor will determine the amount of medicine you should take based on the severity of your condition. Take the medicine in the dose prescribed by your doctor.

Methylphenidate can be taken two or three times daily before or after food. Patients who require relief only during school days may respond adequately to a five-day (i.e. school day) regimen, while those who require relief at home and at school may need a daily regimen throughout the week.

In children who have responded to methylphenidate therapy, the doctor may discontinue the medication periodically to assess their condition.

Methylphenidate is not continued indefinitely and can usually be discontinued when the child reaches adolescence.

What should I do if **I FORGET** a dose?

If you miss a dose or forget to take your medicine, take it as soon as you can. However, if it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not double your dose or take extra medicine to make up for a missed dose. If you have missed several doses, please call your physician to check what you should do.

What are the possible **SIDE-EFFECTS** of the medicine?

Methylphenidate is generally well tolerated. Side-effects include insomnia, nervousness, palpitations, chest pain, an increased or decreased heart rate, hypertension, anorexia and abdominal pain.

Children, whose dosages are excessive or who are over sensitive to the drug, may become over focused, appear dull or overly restricted. The doctor may reduce dosages to prevent such effects.

What **PRECAUTIONS** should I take?

Inform your doctor and pharmacist if you are already taking some other medicines, herbal preparations, nutritional products or vitamin supplements.

You must tell your doctor if you are allergic to any other medicines, or if you develop an allergy while taking this medicine. The symptoms of a drug allergy include one or more of the following: swollen face/eyes/lips, difficulty in breathing or widespread itchy skin rashes.

Patients on prolong therapy should be supervised during withdrawal.

Methylphenidate may aggravate symptoms of anxiety, tension and agitation. Inform the doctor or pharmacist if you are taking any other medications, especially anti-hypertensives and antidepressants.

Keep all medication out of reach of children

How should **I STORE** the medicine?

Store the medicine in a dry place at room temperature, away from heat and direct light. Do not refrigerate your medicines unless instructed to do so.

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Information is correct at time of printing and subject to revision without prior notice.

Discard all medication that has expired or is no longer required