Stimulant Information Sheet (Adult)

Stimulants are powerful medications that can be used for many different reasons. They are most often used in people with attention-deficit/hyperactivity disorder (ADHD), narcolepsy, or obesity. They may not be right for all patients, and may be dangerous if they are taken incorrectly or inappropriately. You are being given this sheet to tell you about the risks of using stimulant medications. Your doctor will keep in mind these risks along with benefits, and work with you to decide whether your medication needs to be adjusted or stopped.

Dose Levels: Your dose may change depending on what medication you are using. Here are some of the more common stimulants and their doses. Every person is different and may require a different dose. Some of these doses may be broken down into multiple doses per day. Some people take them for different lengths of time.

- **Dexedrine®** (dextroamphetamine)
  - 5 mg to 60 mg (immediate release and extended release) daily

- **Adderall® and Adderall XR®** (dextroamphetamine and amphetamine)
  - 5 mg to 40 mg (immediate release) daily; 20 mg to 60 mg XR (extended release) daily

- **Vyvanse®** (lisdexamphetamine)
  - 30 mg to 70 mg daily

- **Concerta®, Ritalin®, Ritalin LA®, Metadate®, Metadate CD®, Methylin®** (methylphenidate)
  - 10 mg to 60 mg daily

- **Focalin®, Focalin XR®** (dexmethylphenidate)
  - 2.5 mg to 20 mg (immediate release) daily; 10 mg to 40 mg (extended release) daily

### Possible Early Side Effects (with early and short-term use; may continue with long-term use)

- Increased body temperature
- Sleep disturbances
  - May have trouble falling asleep at night
- Dry mouth
- Decreased appetite
- Changes in the way you think or act
  - May cause intense anger or paranoia (feeling like someone is going to hurt or harm you)
  - May cause intense joy or happiness
- Changes in your heartbeat and blood pressure
  - May increase your heart rate
  - May increase your blood pressure

### Possible Late Side Effects (after taking the medication regularly for two weeks; hard to predict, may happen suddenly)

- Malnutrition due to decreased appetite
  - Weight loss
  - Slowing of growth rate in children
- Tolerance
  - Needing more of the medication for the same relief
- May increase your blood pressure
- Trouble sleeping
- Dependence
  - May have withdrawal symptoms if you suddenly stop taking the medication
  - Withdrawal symptoms can include: tiredness, feeling sad, trouble sleeping, feeling anxious, trouble concentrating, and feeling sluggish or slow
How to Store Medication

- NOT in your bathroom medicine cabinet
- NOT above your stove
- NOT in a hot car
- Away from heat, light, and moisture
- Away from children
- Away from pets
- Recommend a safe or other locked box or locked drawer

How to Dispose of Leftover Medication

- Talk to your pharmacist
- Contact your local police station
- Look for national drug take-back days

Possible Issues with Ongoing Stimulant Use

Misuse - Taking more medication than prescribed
Abuse - Taking the medication for any reason other than the original diagnosis
Addiction – Continuing to look for and use these medications even though it may result in bad legal, social, physical, or mental health outcomes
Diversion - Giving away or selling your medication to anyone else - This is against the law.

Special Warning about Stimulant Medications

Possible risks associated with the use of stimulant medications:

1. Heart:
   a. Sudden death in patients who have heart problems or defects
   b. Stroke and heart attack in adults
   c. Increased blood pressure and heart rate

2. Mood changes (psychiatric issues):
   a. New or worse behavior and thought problems
   b. New or worse bipolar illness
   c. New or worse aggressive behavior

US Boxed Warning:
   o Stimulant medications have a high potential for misuse and addiction.
   o Long-term use can lead to tolerance and mental dependence with strange behavior.