

Methylphenidate (Metadate CD[®] ; Ritalin LA[®]; Concerta[®]), Dexmethylphenidate (Focalin XR[®])

ALAMEDA COUNTY BEHAVIORAL HEALTH CARE SERVICES

Client's Name _____ **Date** _____

Initial Medication Instructions _____

What does this medication help to treat?

- Attention-deficit hyperactivity disorder

Methylphenidate is sometimes prescribed for other uses; ask your prescriber for more information.

Other Information

- You should start to notice some benefits immediately after starting this medication.
- This medication may cause insomnia if taken after 3 pm. Try taking this medication in the morning.
- Tell your prescriber if you have a heart disease, heart abnormality, or a history of heart disease in your family as this medication may worsen heart condition.
- In children, use of this medication may suppress growth rate. Your growth rate may need to be monitored while on this medication.
- Use of this medication may decrease seizure threshold. Tell your prescriber if you have a seizure disorder.

Side Effects and Management

Common (greater than 10 in 100 clients on this medication)

Headache	If it does not improve with time, tell your prescriber. Your dose may need to be reduced or you may need to try another medication.
Insomnia	Try taking your medication in the morning to decrease the chance of insomnia.
Nausea, upset stomach, decreased appetite	Take your medication with meals or eat smaller, more frequent meals.
Jittery feeling	Eliminate caffeine or other stimulants. Tell your prescriber if this side effect does not get better with time.
Increased heart rate, blood pressure	You may need your blood pressure monitored especially if you are on a high dose of this medication.
Irritability	Some people may experience irritability or depression for an hour as the stimulant wears off. Tell your prescriber. You may need a longer acting medication or reduction in dose.

Uncommon (~1 to 10 in 100 clients on this medication)

Extreme mood swings	Discuss with your prescriber
Weight loss	
Tics	
Dizziness	

Rare (less than 1 in 100 clients on this medication)

Call your prescriber immediately if you experience any of these:

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| <ul style="list-style-type: none"> ▪ Seeing or hearing things that are not real ▪ Paranoia ▪ Irregular heart beat ▪ Blurred vision ▪ Sexual dysfunction (impotence, loss of libido) | <ul style="list-style-type: none"> ▪ Aggression or hostility ▪ Depression ▪ Abnormal blood count on labs ▪ Abnormal liver function tests on labs ▪ Fever accompanied by muscle stiffness ▪ Irregular menstruation |
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References: Clinical Pharmacology, LexiComp 2011

NOTE: This information is not intended to cover all possible uses, precautions, interactions, or adverse effects for this medication. If you have further questions about the medications you are taking, check with your prescriber.