

Information about Methylphenidate

This is an easy way to say...Meth...yl...fen...ee...date



What is Methylphenidate?



Methylphenidate is a medication that will help if you have problems with Attention Deficit Hyperactivity Disorder. Methylphenidate can sometimes be called a different name like

- Ritalin
- Equasym
- Equasym XL
- Medikinet XL
- Concerta XL.

Methylphenidate is usually taken as tablets.

Where do I get Methylphenidate?



You can only get this medication with a prescription.

The doctor or consultant

- Will ask you questions about your health
- May also check your blood pressure
- Will check your weight
- Will ask you if you are taking other medication



How do I take Methylphenidate?



The doctor will talk to you about how much Methylphenidate you need to take.

The doctor will tell you how to take your Methylphenidate. You need to take Methylphenidate for a few days so that it works best.



The doctor will tell you how many times a day to take your Methylphenidate.



If you forget to take your medication you must tell your carer and ask your doctor for advice.



You should not stop taking your medication suddenly as this could make you feel unwell.



What is good about Methylphenidate?



Methylphenidate can help reduce problems with Attention Deficit Hyperactivity Disorder. Methylphenidate can also help you to be more focused.



What is not good about Methylphenidate?



There are some health problems that people can get when they take Methylphenidate.

These problems are called **side effects** but not everyone gets them.

- Problems sleeping
- Not feel like eating
- Feeling thirsty
- Feeling sick
- Headache

You should eat a healthy diet and drink more water or fruit juice.

Usually these side effects go away after a few days.

You will need to speak to your doctor if you:

- Have a rash on your skin
- Feel dizzy
- Feel your heart going fast
- Feel unwell

What other things do I need to talk to the doctor about?



You should talk to your doctor if

- You are worried about your medication
- You want to know how much alcohol is safe to drink when taking medication
- You are planning to have a baby

The information in this easy read leaflet should always be discussed with the service user and it should not be provided without support.

The full information sheet about Methylphenidate medication should also be given to the service user, carers and staff.

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