

A stimulant

Methylphenidate

(meth-il-phen-ih-date)

You should read this leaflet with your carer/care giver.

Methylphenidate:

- Is also called Ritalin, Medikinet, Tranquilyn, Equasym (short acting-need to take more than once a day) or Equasym XL, Concerta XL, Medikinet XL, Xenidate XL, Delmosart PR, Ritalin SR, Matoride XL and Xaggitin XL (long acting-need to take once a day).
- Come as tablets or capsules.

- Methylphenidate is used for treating the symptoms of Attention Deficit Hyperactivity Disorder (ADHD).
- Methylphenidate is sometimes used for people who are distressed. There is no clear evidence that it improves someone's behaviour.

The label on your methylphenidate packet should tell you when and how much medicine to take.

Swallow your tablet or capsule with water. If you have Concerta XL, Xenidate XL, Xaggitin XL and Matoride XL, you should swallow this whole. **Do not crush or split it.**

If you have Equasym XL and Medikinet XL, you can swallow it whole or open the medicine and sprinkle it on soft food such as yoghurt. Take it straight away and **do not chew this**. Equasym XL should be taken **before** breakfast.

If you forget to take your medicine, tell someone straight away.

You should carry on taking your medicine even if you feel better unless your doctor asks you to stop.



Drinking alcohol whilst taking methylphenidate could make the side effects of this medicine worse.

Some medicines do not work well together.

Tell your doctor if you have trouble swallowing and have Concerta XL medicine.

You should tell your doctor about any other medicines you are taking.

Side effects:

- Medicine can have certain effects on your body that are not wanted.
- Not everyone taking a medicine will get them.
- Many will go away with time.
- Many are rare.

You might want to talk to your doctor or the pharmacist or your key worker if you have any side effect.

These are some (but NOT all) side effects of methylphenidate...



- Headache
- Feeling anxious or nervous
- Socially withdrawn
- Problem sleeping
- Feeling light-headed or dizzy
- Feeling sick or vomiting



- Sore nose or sore throat
- Tearfulness
- Feeling sick or vomiting
- Not feeling hungry and losing weight (Check weight regularly)
- Feeling light-headed or dizzy
- Tics (sudden jerky movement of head and neck and other parts of the body)

Some side effects are more serious.

You should tell someone straight away if you have...

- Irritability, depression or feel aggressive
- Thoughts about harming or killing yourself
- Chest pain and problems breathing
- Fits or seizure



You should talk to your doctor before you stop taking your medicine.

Sometimes, if you stop taking your medicine, you may have:

- Irritability
- Trouble sleeping
- Increased hyperactivity





This leaflet does not tell you everything about methylphenidate.

You can get more information from:

- your pharmacist, doctor, nurse or carer/ care giver
- check <http://www.choiceandmedication.org/cnwl/>
- NHS on 111
- medicine information helpline on 020 3317 5090.

This leaflet can be downloaded free of charge from:

<https://spectrom.wixsite.com/project/>

While preparing this leaflet we checked information in...

- The British National Formulary (www.bnf.org)
- Dulcan, M. K., & Ballard, R. (2015). Helping parents and teachers understand medications for behavioural and emotional problems: A resource book of medication information handouts. American Psychiatric Publishing, Washington DC, USA.

This leaflet is not designed for people with intellectual disabilities to read on their own. Support (care) staff or care givers should go through the leaflet with the person who has intellectual disabilities.

All images copyright © Photosymbols.