



## ADHD & Medication

Medication won't be the first suggestion if you are diagnosed with ADHD, as some young people find that understanding their ADHD and putting strategies in place at home and school is enough to deal with the symptoms.

It may be that the characteristics of ADHD are having a major impact on your life despite these strategies, in which case your doctor will assess which, if any, medication is right for you depending on the combination of characteristics you are experiencing.

The ADHD practitioner will usually start by prescribing a low dose and monitoring for effectiveness to find the correct dosage for you, as this will differ widely between individuals. Be sure to ask your doctor any questions you have about taking medication.

Methylphenidate	<ul style="list-style-type: none"><li>• a stimulant medication which may help to reduce hyperactivity and improve concentration. It comes as:<ul style="list-style-type: none"><li>• Concerta XL (slow release)</li><li>• Medikinet slow release/ fast release</li><li>• Equasym slow release and fast release</li><li>• Tranquillin</li></ul></li></ul>
Lisdexamfetamine	<ul style="list-style-type: none"><li>• a stimulant medication that works in a similar way to methylphenidate; by stimulating areas of the brain that play a part in controlling attention and behaviour. It can be used by children with ADHD over the age of six if treatment with methylphenidate hasn't helped. It comes as<ul style="list-style-type: none"><li>• Elvance</li><li>• Guanfacine</li><li>• Intuniv</li></ul></li></ul>
Atomoxetine	<ul style="list-style-type: none"><li>• a non-stimulant medication which will help with attention is also long-acting. It comes as Strattera®</li></ul>

*Other options for treating ADHD include psychological therapy, where you talk with a professional on a one-to-one basis about your feelings, mood and behaviour, and making changes to your lifestyle including diet and exercise. Some children and young people have found that certain foods and drinks have negative effects and that by limiting these they can reduce their ADHD characteristics.*