Te Whatu Ora
Health New Zealand
Waitaha Canterbury

METHYLPHENIDATE

meth-il-fen-i-date

What does it do?

Methylphenidate is used to treat ADHD (Attention Deficit Hyperactivity Disorder) and narcolepsy.

Before you start

- Tell your doctor if you have heart or mental health problems, glaucoma, Tourette's syndrome, high blood pressure, or if you have ever had a seizure.
- You may have drug screening tests before starting and while taking *methylphenidate*.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take methyphenidate regularly as directed. You can take it with or without food.
Tablet: Take with a glass of water.
Slow-release tablet or capsule: Take with a glass of water. Swallow whole - do not crush or chew.

Do not stop taking *methylphenidate* without talking to your doctor first.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Symptoms of a fast or irregular heartbeat including: fluttering, pounding or pain in your chest, dizziness or fainting Prolonged erection (longer than four hours) Eye pain, severe headache	Tell your doctor immediately
Unusual behaviour or thinking, mood changes, agitation, anxiety Strange or uncontrolled movements	Tell your doctor
Trouble sleeping Sweating Loss of appetite, weight loss, dry mouth Stomach upset	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- If you are having surgery, it is important to tell your doctor that you are taking *methylphenidate*.
- You may see the leftover shell of the tablet in your bowel motions – this is harmless.