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, thyroid or eye problems (e.g. glaucoma), Tourette's syndrome, a mood disorder, high blood pressure, or if you have ever had a seizure.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *methylphenidate* regularly as directed with a glass of water.
Swallow *methylphenidate* slow release (e.g. Concerta®, Ritalin LA®, Ritalin SR®, Rubifen SR®) whole.

What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. 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
Seizures Fast or irregular heartbeat, chest pain Reduced number of blood cells that fight infections or help your blood to clot - symptoms include: fever, chills, sore throat or generally feeling unwell, or easy or unusual bruising or bleeding Symptoms of allergy including: skin rash, itching, swelling, trouble breathing Prolonged erection (longer than four hours)	Tell your doctor immediately
Changes in vision Unusual behaviour or thinking, mood changes, agitation, nervousness, strange or uncontrolled movements	Tell your doctor
Headache, trouble sleeping Hair loss or thinning, sweating Joint, muscle or bone aches and pains Runny or blocked nose, cough Loss of appetite, weight loss, dry mouth	Tell your doctor if troublesome
Stomach upset	Take with food

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

Other information:

- *Methylphenidate* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- If you are having surgery, it is important to tell your doctor that you are taking *methylphenidate*.
- Do not stop taking *methylphenidate* without talking to your doctor first.