
METHYLPHENIDATE Fact Sheet for Patients

Generic Names: Methylphenidate (meth-il-FEN-i-date), dexamethylphenidate (dex-meth-il-FEN-i-date)

Brand Names: Adhansia XR, Aptensio XR, Azstarys, Concerta, Cotempla XR-ODT, Daytrana, Jornay PM, Metadate CD, Methylin, Quillivant XR, Relexxii, Ritalin

What Does It Treat?

Methylphenidate is used to treat attention-deficit/hyperactivity disorder (ADHD) and narcolepsy. It helps improve attention span, focus, and impulse control in individuals with ADHD.

How Does It Work?

Methylphenidate is a central nervous system stimulant that increases the availability of certain neurotransmitters in the brain, like dopamine and norepinephrine, which helps improve focus, attention, and impulse control.

How Do I Take It?

Methylphenidate is available in various forms, including tablet, capsule, extended-release tablet or capsule, transdermal patch, and liquid. For ADHD, the dose and dosing schedule are individualized, but you will typically start at a low dose and gradually increase it under the guidance of your health care provider.

What is the Dose?

The typical dosage for methylphenidate, used for ADHD, is 10-60 mg per day. The typical dosage for dexamethylphenidate, used for ADHD, is 5-40 mg per day. Some forms are taken in divided doses two or three times per day, while others are taken once daily in the morning (except Jornay PM which is taken in the evening). The dosing depends on both the condition being treated and the product being used and should be determined by your health care provider.

How Long Will I Take It?

The duration of methylphenidate treatment can vary depending on individual circumstances. Your health care provider will assess your progress and determine the appropriate length of treatment, which may range from several months to longer periods.

What If I Miss a Dose?

If you forget to take a dose of methylphenidate, take it as soon as you remember. However, if it is close to the time for your next dose, skip the missed dose and continue with your regular dosing schedule. Avoid taking double doses to make up for the missed one.

What Are Possible Side Effects?

- Most common: Loss of appetite, trouble sleeping (insomnia), stomach upset, headache.
- Serious but rare: Increased blood pressure, increased heart rate, palpitations, mood changes, hallucinations.

What Else Should I Know?

- Methylphenidate may interact with other medications, so inform your health care provider of all the medications you are taking.
- You should not take methylphenidate if you have glaucoma, tics or Tourette's syndrome, or a history of drug or alcohol addiction.
- Before starting methylphenidate, tell your health care provider if you have any heart problems, high blood pressure, mental health conditions, or seizures.

- Methylphenidate has the potential for abuse or dependence. Do not take more than prescribed to you and do not abruptly stop taking this medication. It should be used as prescribed and monitored closely by your health care provider.

Remember, this fact sheet provides general information about this medication. For more specific guidance and instructions, consult your health care provider.