

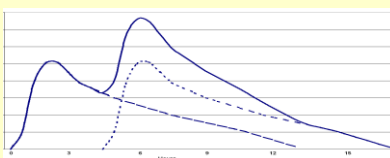
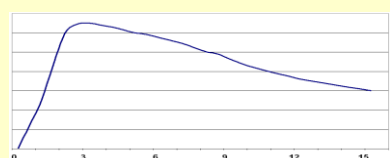
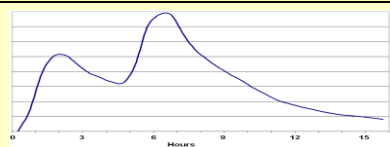
A comparison of stimulants to help treat the symptoms of ADHD

Non-stimulant medicines are also available e.g. atomoxetine and guanfacine

Product	Strengths, sizes and what they look like	Release		How much there is in your blood in the 18 hours after a dose	Practical information	
		0-4hrs	Later			
Methylphenidate (please also see note on the next page about methylphenidate products)						
Type 1 (second peak higher than first peak)						
Concerta XL® (3 chamber OROS capsule-shaped tablet)	18mg		22%	78%		- Take before, with or after breakfast - Swallow whole - do not chew.
	27mg					
	36mg					
	54mg					
Xenidate XL® (wax pellet tablets)	18mg		22%	78%		- Take with or after food - Swallow whole - Can be halved.
	27mg					
	36mg					
	54mg					
Matoride XL® (2 chamber OROS tablet)	18mg		22%	78%		- Take before, with or after breakfast - Swallow whole - do not chew.
	36mg					
	54mg					
Delmosart XL® Xaggitin XL® *	18mg		25%	75%	* When asked about the release of methylphenidate from Xaggitin XL, we were told "Ethypharm UK Ltd is not able to provide any specific details regarding the exact release profile of Xaggitin XL, as this is company confidential information." So, we can't let you know what these graphs look like nor compare this product with other ones.	- Take before, with or after breakfast - Swallow whole - do not chew, break, divide or crush.
	27mg					
	36mg					
	54mg					
Type 2 (second peak slightly higher than first peak)						
Ritalin XL® ‡ Exattent XL & Addepta XL also available, with the same type of release but do not claim to be equivalent	10mg		30% ‡	70% ‡		- Take with or without food - Swallow whole, or sprinkle contents onto cool apple sauce and swallow straight away
	20mg					
	30mg					
	40mg					
	50mg					
	60mg					
Equasym XL® (wax pellets in a capsule)	10mg		30%	70%		- Take before breakfast - Swallow whole, or sprinkle contents onto apple sauce and swallow straight away
	20mg					
	30mg					
Type 3 (first peak higher than second peak)						
Medikinet XL® (wax pellets in a capsule) Metyrol XL and Meflynate XL also available, with the same type of release but do not claim to be equivalent	5mg		50%	50%		- Take with or after breakfast - Swallow whole, or open and sprinkle onto apple sauce and swallow straight away - Do not chew or crush.
	10mg					
	20mg					
	30mg					
	40mg					
	50mg					
	60mg					

A comparison of stimulants to help treat the symptoms of ADHD

Non-stimulant medicines are also available e.g. atomoxetine and guanfacine

Product	Strengths, size and what they look like	Release		How much there is in your blood after you take a dose	Practical advice	
		0-4hrs	Later			
Methylphenidate						
Immediate release tablets	5mg				- The solid line on the graph shows what happens if you have one dose and then a second dose 4 hours later - The dotted lines are what happens after each dose.	
	10mg		90%			10%
	20mg					
Lisdexamfetamine						
Elvanse®	20mg 30mg 40mg 50mg 60mg 70mg	 \$489  \$489  \$489  \$489  \$489  \$489			Swallow whole or empty into a liquid and swallow straight away.	
Elvanse Adult®	30mg 50mg 70mg	 \$489  \$489  \$489				
Dexamfetamine						
Amfexa®	5mg 10mg 20mg				The graph shows what happens if you have one dose, then a second dose 4 hours later.	
	1mg/ml solution					

‡ Ritalin XL data states 50:50% (immediate:sustained) release but the plasma profile is more consistent with 30:70% release.

METHYLPHENIDATE - PLEASE NOTE

There are 3 different **types** of methylphenidate once-a-day modified release tablets/capsules

Switching between these 3 different types should **not** be done without you knowing **and agreeing in advance**

These are also several products of Type 1 (e.g. Concerta®) but these **may not** be exactly the same as each other, as they are made using different techniques e.g. OROS, wax beads, compressed wax. Switching between these products could unsettle you e.g. they may work differently during the day and they could affect your sleep.

To avoid problems:

- Make sure you get the same product each time (unless you know and agree to a change made by your prescriber)
- Always take your last box with you each time to check you get the same product
- Insist that the prescription is written with the trade name on it, to make sure you get exactly the same product again
- Talk to your prescriber if you have any problems if you switch from one product to another.

The small print: This short leaflet is to help you understand more about ADHD medicines. You **must** also read the manufacturer's Patient Information Leaflet (PIL) for each medicine or visit our website for more information. Do not share medicines with anyone else.

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