



ADHD STIMULANT SIDE EFFECTS



Side Effect	Description	Suggestions for Management
Appetite Loss	Decreased desire to eat, leading to potential weight loss.	- Schedule regular meals and snacks. - Choose nutrient-dense foods. - Eat a larger breakfast before taking medication. - Consult a dietitian for personalized advice.
Insomnia	Difficulty falling or staying asleep.	- Take medication earlier in the day. - Establish a consistent bedtime routine. - Avoid caffeine and electronic devices before bedtime. - Create a relaxing sleep environment.
Headache	Pain or discomfort in the head or scalp.	- Stay hydrated. - Eat regular meals. - Take over-the-counter pain relief (consult a doctor). - Practice stress-relief techniques like deep breathing or meditation.
Stomach-ache	Pain or discomfort in the stomach area, which may include nausea.	- Take medication with food. - Eat small, frequent meals. - Avoid spicy or fatty foods. - Drink plenty of water.
Increased Heart Rate	Faster than normal heartbeat, which may feel like a racing or pounding heart. >100	- Monitor your heart rate. - Avoid caffeine and other stimulants. - Practice relaxation techniques. - Consult your doctor if the issue persists.
Increased Blood Pressure	Higher than normal blood pressure >140 / >90	- Monitor your blood pressure regularly. - Discuss with your doctor about adjusting medication.
Irritability	Increased sensitivity or easily getting upset.	- Practice stress management techniques. - Ensure adequate sleep. - Engage in physical activity. - Discuss dosage adjustment with your doctor.
Anxiety	Feeling of worry, nervousness, or unease.	- Practice relaxation techniques such as deep breathing or yoga. - Avoid caffeine. - Discuss with a therapist. - Consider adjusting the medication dosage.
Dizziness	Feeling lightheaded or unsteady.	- Rise slowly from sitting or lying down. - Stay hydrated. - Avoid sudden movements. - Consult your doctor if dizziness persists



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Dry Mouth	Reduced saliva production leading to a dry feeling in the mouth	- Drink water frequently. - Chew sugar-free gum or suck on sugar-free candies. - Use a humidifier at night. - Avoid tobacco and alcohol
Tics	Sudden, repetitive movements or sounds.	- Monitor the frequency and severity of tics. - Practice relaxation techniques. - Consult a neurologist. - Discuss medication alternatives with your doctor.
Mood Swings	Rapid and often extreme fluctuations in mood.	- Keep a mood diary to identify triggers. - Practice stress-relief techniques. - Ensure adequate sleep and nutrition. - Consult a mental health professional.
Fatigue	Feeling unusually tired or lacking energy.	- Ensure adequate sleep. - Maintain a balanced diet. - Engage in regular physical activity. - Discuss medication timing and dosage with your doctor.
Skin Rash	Red, itchy, or irritated skin, which can be an allergic reaction.	- Avoid known allergens. - Use hypoallergenic skin products. - Apply over-the-counter anti-itch creams. - Consult your doctor if the rash persists.
Vision Changes	Blurred vision or other visual disturbances.	- Ensure good lighting when reading or using screens. - Take regular breaks from screens. - Consult an eye specialist. - Discuss medication adjustments with your doctor.
Nervousness	Feeling of unease or worry, similar to anxiety.	- Practice relaxation techniques such as deep breathing. - Engage in regular physical activity. - Avoid caffeine. - Discuss medication timing with your doctor.
Restlessness	Inability to stay still or feeling fidgety.	- Engage in regular physical activity. - Practice relaxation techniques. - Schedule short breaks during tasks. - Discuss medication adjustments with your doctor.

Info on Medication:

Lisdexamfetamine: [CLICK](#)

Methylphenidate: [CLICK](#)

NHS Medication: [CLICK](#)

NICE NG87ADHD [CLICK](#)

Unlicensed meds: [CLICK](#)

Further Info: [CLICK](#)

