



How To Take Adderall

GENERAL INFORMATION

ADDERALL XR is a mixed salt amphetamine approved by the FDA for treatment of Attention Deficit Hyperactivity Disorder. Mixed salt amphetamines have been studied and used clinically to treat ADHD since the 1930's.

Amphetamines, as a class of stimulants, increase activity of the brain's natural stimulants, Dopamine and Norepinephrine. Dopamine regulates interest, motivation, energy, concentration, pleasure seeking and movement. Norepinephrine regulates alertness, focus, energy, and vigilance. Adderall's effects on Norepinephrine are about equal to its Dopamine effect.

ADDERALL XR comes in 5, 10, 15, 30, 25, and 30 mg slow release capsules. The cost is the same for all 6 sizes. Total duration of effect for the XR form is 7-12 hours. Half of the dose is absorbed immediately, and takes effect in about 30 minutes. Half is absorbed in 4 hours.

ADDERALL tablets (scored) come in 5, 7.5, 10, 12.5, 15, 20, and 30 mg sizes. Duration of action for the tablets is 3 ½ - 6 hours. Tablets are more likely to have rebound side effects, and doses are more likely to be missed or delayed.

Unlike most prescriptions, **ADDERALL** cannot be called into the pharmacy. By state regulations all stimulants require **written prescriptions**, which **MUST BE FILLED WITHIN SEVEN DAYS**. This means a prescription written on Monday must be filled by Sunday.

HOW TO TAKE ADDERALL XR

GUIDELINES

- Take on an empty stomach for most consistent effect. When taken after a meal containing fat, the peak effect is delayed about 2 hours.
- Do not take with orange juice, cokes, or other acidic drinks. This causes decreased absorption and also may cause acidic urine, which results in quicker elimination of **ADDERALL** and shorter duration of action.
- Adults that require medication benefit all day will usually do better taking twice daily (bid). It may work best if the highest dose is taken in the morning. The second dose should be 6-9 hours after the first.
- If capsule is opened and poured into mouth or sprinkled on food, **DO NOT BITE** the granules.

DOSING

- **STARTING DOSE** is 10mg in am for adults, 5mg in am for children.
- Increase dose by 10mg every 1-4 days until symptoms are under control.
- Dosing needs to be individualized for optimal benefit but is in the 20-90 mg range for most people. Maximum total daily dose is usually 2/3's body weight in pounds. (Do not go above prescribed dose without doctor's approval.)
- Higher doses last longer and can be effective up to 10-12 hours.
- If nervousness or over-stimulation occurs, always **REDUCE** the dose.

SWITCHING FROM ADDERALL TABLETS TO CAPSULES (XR)

If switching from **ADDERALL** tablets to capsules (XR), total the daily dose of tablets in mg and take half as often. For example, if currently taking 30mg tablets twice daily, switch to 60mg XR in am (two 30mg XR capsules). If taking 15mg 4x per day, take 30mg XR twice per day.

MANAGING SIDE EFFECTS

Most side effects are mild and occur mainly in the first two weeks of starting medication. In studies, very few people stop medication due to side effects. If side effects are experienced to a bothersome degree, **decrease** the dose.

POSSIBLE SIDE EFFECTS

Side effect	Children <13	Adolescents	Adults
Decreased appetite	√	√	√
Insomnia	√	√	√
Emotional lability	√		
Abdominal pain	√	√	
Weight loss		√	√
Dry mouth			√
Headache			√

May aggravate tics.

Side effects that peak around 6 hours from dose are most likely due to the medication. Dose needs to be reduced.

Irritability and tiredness/fatigue that occurs more than 6 hours after last dose are more likely due to medication wearing off (rebound effect). Dosing may need to be adjusted by adding an extra dose or by increasing the dose.

APPETITE SUPPRESSION

Eat a good breakfast 15-30 minutes after the morning dose. A nighttime snack such as ice cream is also recommended. Appetite usually improves over time, but if not, other methods of management can be used. Weight loss is common especially in people who are overweight. This is usually not due to appetite decrease but to a decreased tendency to eat due to boredom or stress.

SLEEP DISTURBANCE

First, shift dose to earlier in the day. If earlier does not work, take dose LATER in day. This may be caused by a "rebound" of ADD symptoms. Sometimes, medications that provide normal sleep are needed.

NOTE: Blood pressure should be monitored especially if any of the following is used on a regular basis.

- Caffeine-large amounts
- Appetite suppressants
- Thyroid
- Some asthma meds
- Wellbutrin XL
- Effexor XR
- Tricyclics
- Cymbalta

For full information, see package insert or prescribing information.