



# **METHYLPHENIDATE**



**Increases dopamine and noradrenaline activity and helps focus, impulsive behaviour, concentration and hyperactivity (can be symptoms of ADHD)**

**Some benefits after 1 hour (impulsive behaviour), full effects build up over 4-6 weeks**

**Side-effects include headache, trouble sleeping, stomach ache, dizziness, loss of appetite, feeling more anxious and racing or fluttering heart**

**Physical health tests to check your heart, weight and height**

**Talk to your doctor if you want to stop it**

**Take it in the morning with breakfast and see your doctor for review every 3-6 months**

**Written on a special prescription that must be collected within 14 days of writing**

**Stick with the same brand**

**Call your doctor if you get more angry or agitated or have thoughts of harming yourself**