



Methylphenidate



Increases dopamine and noradrenaline activity and helps with focus, impulsive behaviour, concentration and hyperactivity (signs of ADHD)

Some things better after 1 hour (impulsive behaviour), full effects take 4-6 weeks

Common side-effects are headache, trouble sleeping, sore stomach, feeling dizzy, 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 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 hurting yourself