

[NeSS Non – Pharmacological Resources](#)

Medication in short supply?

No

Yes

CONTINUE. Be aware demand may later affect this medication supply. Be prudent with use and review supply status. Prescribe 12 hour Prolonged Release Methylphenidate tablets and Lisdexamfetamine capsules GENERICALLY.

Low risk, stable ADHD, often has medication holidays or weekends.

Clinician to review ADHD medication history and severity of ADHD/red flags. Ensure patients have a plan for if withdrawal from medication becomes necessary that is shared with the support networks and all clinicians involved (and a way of accessing withdrawal medications where appropriate and available).

Severe ADHD, red flags for risk of: Unable to continue in higher education, failing in employment, offending /criminal justice system, severely challenging behaviour, family breakdown, homelessness, and unemployment.

Ask patient if they could manage a medication holiday, if so, there is no requirement to consult the specialist team. Information below is to support GPs in reassuring patients about withdrawal of medication if needed:

GPs could advise patients it is possible to have a few days off medication with no concerns, e.g., at the weekend, days off work in low-risk patients etc. For those who have a top up dose of IR MPH, they could just take a top up dose on the days they might need medication.

12 hour Prolonged Release Methylphenidate TABLETS (Concerta XL, Delmosart, Xaggitin XL, Xenidate XL) – safe to stop abruptly especially at low doses, if on >36mg then reduce to the next lowest tablet strength weekly, until weaned off.

8 hour Modified Release Methylphenidate CAPSULES - (Equasym XL, Medikinet XL) – safe to stop at low doses of 10mg or 20mg, if on 30mg or more reduce, if possible, by 10mg per week.

Lisdexamfetamine (Elvanse) - 20mg to 30mg safe to stop abruptly. At higher doses (>30mg) consider gradual withdrawal by reducing by 20mg every week.

Atomoxetine (generic) - can be stopped abruptly but better to reduce gradually by 10mg per week.

These patients are much more likely to need to continue medication. If so GPs should follow the advice below.

12 hour Prolonged Release Methylphenidate TABLETS (Delmosart, Concerta XL, Xaggitin XL, Xenidate XL) - GPs can prescribe GENERICALLY to allow community pharmacy to dispense any brand they have in stock. TABLETS must be specified on the prescription. See [Patient leaflet](#). Use the same dose as they are currently taking. GPs can therefore leave the brand dispensed to the pharmacist's discretion as they are all equivalent.

8 hour Modified Release Methylphenidate CAPSULES (Equasym XL) – Contact specialist who is likely to suggest switching to equivalent dose of Medikinet XL (advise Medikinet XL may wear off more quickly than Equasym XL).

OR try immediate release MPH, 5-10mg up to 3 times a day depending on dose of original.

Lisdexamfetamine (Elvanse) – GPs to prescribe GENERICALLY to allow community pharmacy to dispense any brand they have in stock. See [Patient leaflet](#).

If no stock consult specialist.

Atomoxetine (generic) – There is no equivalent drug, withdraw and consider prolonged release MPH tablets if available. Atomoxetine can be stopped abruptly but better to reduce gradually by 10mg per week. If no stock consult specialist.

For all medications consider if the following may be appropriate:

Do not give more than 1-2 weeks when trialling a new medication/dose in case of intolerance, trial of weekends off MPH/Elvanse, caution of providing scripts if compliance or medication diversion is a concern, advise on shortages meaning requests cannot be filled by pharmacies last-minute. GPs to gain advice from specialist about medication holidays and prescription changes.

Guanfacine Prolonged Release (Intuniv)- RED to GPs. If your patient asks about this medication, it should be under specialist care only and the specialist is responsible for a plan. Please ask your patient to contact their specialist. **This medication should NOT be stopped abruptly if possible and especially in doses of 3mg or higher as it can cause rebound hypertension which is rare.** Specialists may occasionally need GP support with BP monitoring and would request this with the practice directly.