

Lisdexamfetamine (say: decks-am-feta-mean)

What is lisdexamfetamine used for?

- Lisdexamfetamine (also called Elvanse® and Tyvense®) is mainly used to help treat the symptoms of ADHD (Attention Deficit Hyperactivity Disorder)
- It is available as capsules.

What is the usual dose?

- The usual dose of lisdexamfetamine is usually 30-50mg a day but can be up to 70mg a day.

How and when should I take it?

- Lisdexamfetamine capsules can be taken with or without food
- This should be in the morning, and not in the afternoon or later
- The capsules should be swallowed whole with at least half a glass of water whilst you are sitting or standing so that they reach the stomach and do not stick in your throat
- The capsules can be opened and the contents added to a glass of water
- Stir the liquid until fully dissolved and then drink straight away (or the lisdexamfetamine may stick to the glass).

How long will it be before it works?

- It usually starts to work within 1-2 hours
- The effect may then build over the next few weeks.

How long will I need to keep taking it for?

- Probably for several years.

Can I stop taking it suddenly?

- It is unwise to stop taking it suddenly, even if your symptoms have improved
- At smaller doses, it can probably be stopped suddenly
- At higher doses, 'withdrawal' effects might be seen.

What should I do if I forget to take a dose of lisdexamfetamine at the right time?

- If you miss a dose at breakfast you can take one up to midday
- If not, wait until the next day and start again
- Do not try to catch up by taking two doses at once as you may get more side-effects
- See your prescriber for advice if you keep missing doses.

Can I drink alcohol while I am taking it?

- It is not thought that alcohol will make the side effects of lisdexamfetamine worse.

Can I drive or cycle while I am taking it?

- You may feel a bit light-headed at first when taking lisdexamfetamine
- Until you know that it is not affecting you, do not cycle, drive or operate machines.

Lisdexamfetamine can help you concentrate and you may be less likely to have an accident but **only** if you take it regularly

It is legal to drive in UK if lisdexamfetamine has been prescribed for you, you have taken it exactly as on the label and it does not affect your ability to drive safely.

What sort of side-effects might I get if I am taking lisdexamfetamine?

Many people get:

- Headache
- Not sleeping well
- Not feeling hungry and losing weight.

Some people also get:

- Feeling and/or being sick
- Being overactive
- Fast heart beat
- Feeling dizzy
- Feeling nervous.

See your doctor if you get:

- Feelings of being irritable, angry or aggressive.

Please see the leaflet that comes with the medicine for the full list of side effects but do not be too worried by this. Some people get no side effects at all. If you think you have a problem with side effects, ask your prescriber, nurse, pharmacist or other healthcare professional.

The small print: This short leaflet is to help you understand more about your medicine. You must also read the manufacturer's Patient Information Leaflet (PIL). Go to our website for fuller answers to these and many other questions.

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