

Tees, Esk and Wear Valleys **NHS**
NHS Foundation Trust

PRESCRIBING GUIDELINES FOR ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) IN CHILDREN & YOUNG PEOPLE

Complete baseline ADHD assessment & offer medication to children aged 5 years and over and young people if:

- Their ADHD symptoms are still causing persistent, significant impairment in at least one domain after environmental modifications have been implemented and reviewed
- They and their parents/carers have discussed information about ADHD

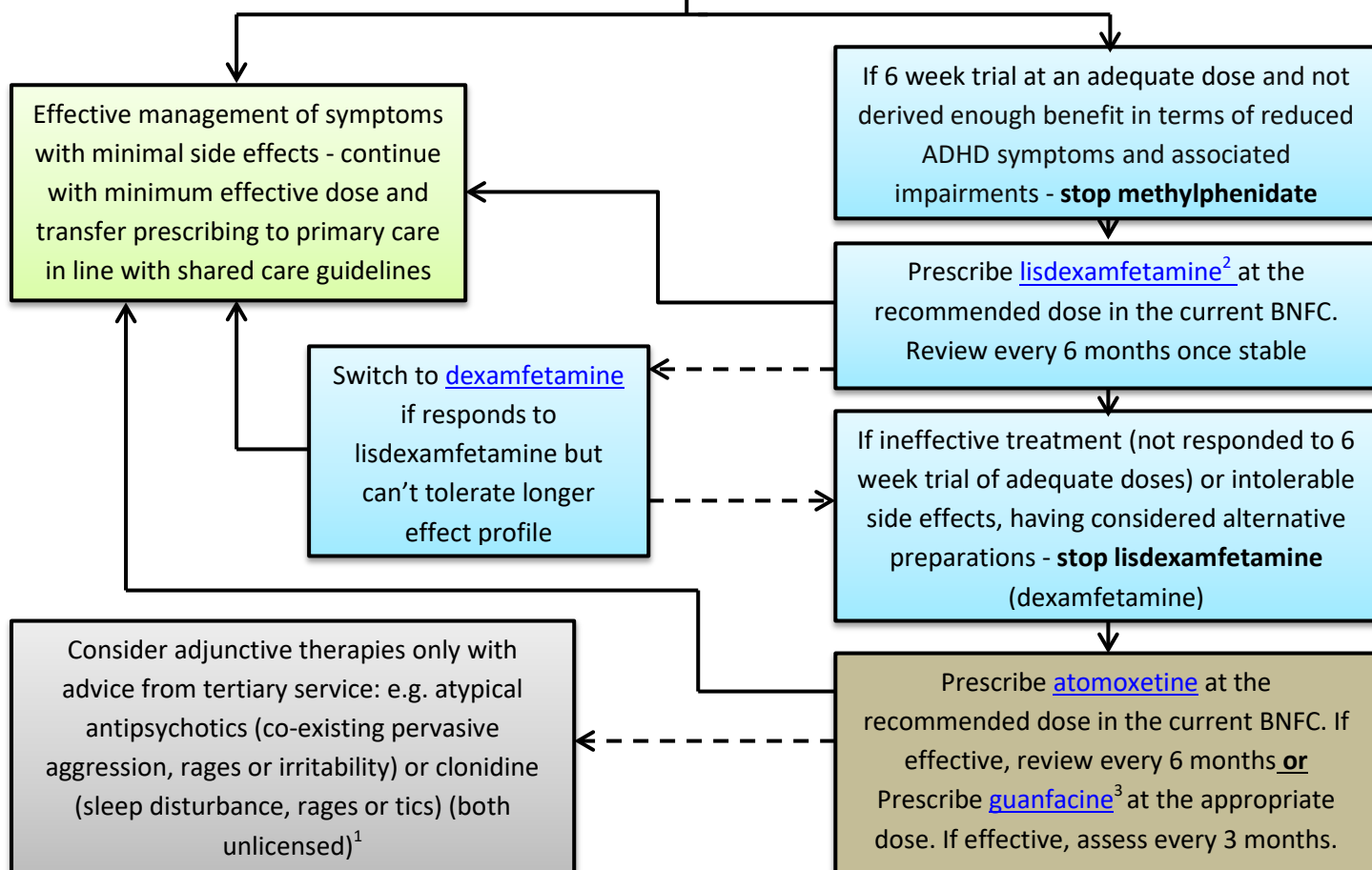
For pre-treatment assessment & ongoing monitoring click [here](#) & print patient information leaflets from [Choice and medication](#) website

Prescribe [methylphenidate immediate release](#),

Or

Prescribe [methylphenidate modified release preparations](#)¹ for: convenience, increased adherence, reduced stigma at school or better pharmacokinetics (see overleaf for options)

Start at the appropriate dose using the current BNFC & increase dose as appropriate to the minimum effective dose.



PRESCRIBING ADVICE FOR ALL PATIENTS

All medication is licensed for children over 6 years unless otherwise stated. Review diagnosis and co-morbidities if expected response to treatment is not observed, especially when changing type of drug treatment (stimulant to non-stimulant, and vice versa). Seek second opinion or refer to tertiary services any child or young person unresponsive to one or more stimulants or one non-stimulant

Consider a drug holiday during school holidays to minimise adverse effects. Consider shared care (where this has been agreed) once patient is clinically stable.

1. For advice on appropriate dosages or conversion, please contact a member of the Trust pharmacy team
2. Capsules may be opened and the capsule contents sprinkled onto a small amount (tablespoon) of apple sauce or yoghurt and given immediately, and not stored for future use.
3. Consider guanfacine before atomoxetine & other stimulants (i.e. 2nd line) in children who lose significant weight on methylphenidate

Title	Prescribing Guidelines for ADHD in Children & Young People		
Approved by	Drug & Therapeutics Committee	Date of Approval	24 th May 2018
Protocol Number	PHARM-0077-v2	Date of Review	30 Nov 2021 (extended)

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AVAILABLE METHYLPHENIDATE MODIFIED-RELEASE PREPARATIONS

See guidance [here](#) for more information on relative pharmacokinetics

Brand	Available strengths	Description	Release profile	NHS indicative price (30 units)
Preparations with 22% immediate-release component and 78% extended-release components				
Delmosart tablets	18mg	Yellow capsule shape tablet	Immediate-release component gives a maximum plasma concentration after 1-2 hours; extended-release component gives a second peak after 6-8 hours. Duration of action up to 12 hours.	£15.59
	27mg	Grey capsule shape tablet		£18.41
	36mg	White capsule shape tablet		£21.23
	54mg	Red capsule shape tablet		£36.81
Xenidate XL tablets	18mg	Yellow round tablet		£15.57
	27mg	Yellow oblong tablet		£18.39
	36mg	White oblong tablet		£21.21
	54mg	Red oblong tablet		£36.79
Xaggitin XL tablets	18mg	Yellow capsule shape tablet		£15.58
	27mg	Grey capsule shape tablet		£18.40
	36mg	White capsule shape tablet		£21.22
	54mg	Red/brown capsule shape tablet		£36.80
Concerta XL tablets	18mg	Yellow capsule shape tablet		£31.19
	27mg	Grey capsule shape tablet		£36.81
	36mg	White capsule shape tablet		£42.45
	54mg	Red capsule shape tablet		£73.62
Matoride XL tablets	18mg	Yellow round tablet	£15.58	
	36mg	White round tablet	£21.22	
	54mg	Pink round tablet	£36.80	
Preparations with 30% immediate-release component and 70% extended-release component				
Equasym XL capsules ²	10mg	Dark green opaque capsule	Immediate-release component gives a maximum plasma concentration after 1.5 hours; extended-release component gives a second peak after 6 hours. Duration of action up to 8 hours.	£25.00
	20mg	Blue opaque capsule		£30.00
	30mg	Reddish brown opaque capsule		£35.00
Preparations with 50% immediate-release component and 50% extended-release component				
Medikinet XL capsules ² <i>Take with or after breakfast</i>	5mg	White capsule	Immediate-release component gives a rapid peak plasma concentration; extended-release component gives a second peak after 3-4 hours. Duration of action up to 8 hours.	£24.04
	10mg	Lilac/ white capsule		£24.04
	20mg	Lilac capsule		£28.86
	30mg	Purple/ light grey capsule		£33.66
	40mg	Purple/ grey capsule		£57.72
	50mg	Violet/dark violet capsule		£62.52
	60mg	Dark violet capsule		£67.32

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