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

** N/B drug treatments not licensed in children under 6 years*

Prescribe methylphenidate immediate release,

Or

Prescribe a methylphenidate modified release preparation[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.

Effective management of symptoms with minimal side effects - continue with minimum effective dose and transfer prescribing to primary care in line with shared care guidelines

If 6 week trial at an adequate dose and not derived enough benefit in terms of reduced ADHD symptoms and associated impairments - **stop methylphenidate**

Prescribe lisdexamfetamine[2] at the recommended dose in the current BNFC. Review at least annually once stable

Switch to dexamfetamine if responds to lisdexamfetamine but can't tolerate longer effect profile

If ineffective treatment (not responded to 6 week trial of adequate doses) or intolerable side effects, having considered alternative preparations - **stop lisdexamfetamine** (dexamfetamine)

Prescribe atomoxetine at the recommended dose in the current BNFC. If effective, review every at least annually **or** Prescribe guanfacine[3] at the appropriate dose. If effective, assess every 3 months (during first year), every 6 months thereafter.

Consider adjunctive therapies only with advice from tertiary service: e.g. atypical antipsychotics (co-existing pervasive aggression, rages or irritability) or clonidine (sleep disturbance, rages or tics) (both unlicensed)[1]

PRESCRIBING ADVICE FOR ALL PATIENTS

All medication is licensed for children over 6 years unless otherwise stated. Prior to initiation check the BNF or relevant product information for any **cautions** or **contra-indications** to the chosen treatment. 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 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

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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)
Preparations with 22% immediate-release component and 78% extended-release components				
Delmosart tablets	18 mg	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.	£15.57
	27 mg	Grey capsule shape tablet		£18.39
	36 mg	White capsule shape tablet		£21.23
	54 mg	Red capsule shape tablet		£36.79
Xenidate XL tablets	18 mg	Yellow round tablet		£15.57
	27 mg	Yellow oblong tablet		£18.39
	36 mg	White oblong tablet		£21.21
	54 mg	Red oblong tablet		£36.79
Xaggitin XL tablets	18 mg	Yellow capsule shape tablet		£15.58
	27 mg	Grey capsule shape tablet		£18.40
	36 mg	White capsule shape tablet		£21.22
	54 mg	Red/brown capsule shape tablet		£36.80
Concerta XL tablets	18 mg	Yellow capsule shape tablet		£31.19
	27 mg	Grey capsule shape tablet		£36.81
	36 mg	White capsule shape tablet		£42.45
	54 mg	Red capsule shape tablet		£73.62
Matoride XL tablets	18 mg	Yellow round tablet		£15.58
	36 mg	White round tablet		£21.22
	54 mg	Pink round tablet		£36.80

Brand	Available strengths	Description	Release profile	NHS indicative price (30)
Preparations with 30% immediate-release component and 70% extended-release component				
Equasym XL capsules[2]	10 mg	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
	20 mg	Blue opaque capsule		£30.00
	30 mg	Reddish brown opaque capsule		£35.00
Preparations with 50% immediate-release component and 50% extended-release component				
Medikinet XL capsules[2] *Take with or after breakfast*	5 mg	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
	10 mg	Lilac/ white capsule		£24.04
	20 mg	Lilac capsule		£28.86
	30 mg	Purple/ light grey capsule		£33.66
	40 mg	Purple/ grey capsule		£57.72
	50 mg	Violet/dark violet capsule		£62.52
	60 mg	Dark violet capsule		£67.32
Ritalin XL capsules[2] *Can be taken with or without food*	10 mg	Brown opaque capsule	Immediate-release component gives a rapid peak plasma concentration at 1-2 hours; extended-release component gives a second peak after 4 hours. Duration of action up to 8 hours.	£23.92
	20 mg	White opaque capsule		£28.72
	30 mg	Yellow opaque capsule		£33.49
	40 mg	Brown opaque capsule		£57.43
	60 mg	Brown and yellow opaque capsule		£66.98