

Lisdexamfetamine

(Say 'lis-decks-am-feta-meen')



Note

This factsheet is for you to read after you have been prescribed **lisdexamfetamine**.

You have been prescribed lisdexamfetamine to treat attention deficit hyperactivity disorder (ADHD). This medicine can help you focus, manage your impulses and feel calmer.

Medicine is only one part of treating ADHD and works best when combined with healthy habits and behavioural changes.

Starting lisdexamfetamine



Your healthcare provider will start you on a low dose. They may increase it, depending on how well the medicine works and any side effects.



You'll need regular check-ups, usually every 6 months to see how well the medicine is working and if any changes are needed.

How to take lisdexamfetamine



Swallow the capsule with a glass of water, while sitting or standing. Don't chew or crush.

If you have trouble swallowing:

- Open the capsule and add the contents to a glass of water or juice. Stir until dissolved and drink straight away.
- Or, open the capsule and add the contents to some yoghurt. Eat it all straight away.

When to take lisdexamfetamine



You only need to take lisdexamfetamine **ONCE** a day as it is a long-acting medicine.

- Avoid taking it in the afternoon or evening, as it can cause sleep problems.
- If you forget to take a dose at your usual time, skip it. **NEVER** take two doses at once.



Tell your healthcare providers you're taking lisdexamfetamine



Always check if it's safe to take any new medicines or herbal supplements. Some medicines can affect lisdexamfetamine.



Tell your healthcare provider if you become pregnant, are trying for a baby or start breastfeeding.



Talk to your healthcare provider before you stop taking lisdexamfetamine. Stopping suddenly can cause side effects.



IMPORTANT

This medicine is prescribed just for you.
Don't share it with anyone else.

Keep your lisdexamfetamine in a safe place
well out of reach of children and pets.

This factsheet is a brief summary. For more information, visit www.healthify.nz/lisdexamfetamine

All medicines have side effects

Lisdexamfetamine can cause side effects, although not everyone gets them.

Common side effects

These are usually mild and go away with time. Talk to your healthcare provider if these side effects cause you problems or don't go away:

- difficulty falling asleep
- tummy pain, constipation, diarrhoea (runny poo)
- headache
- anxiety
- reduced appetite (you may not feel like eating).

Serious side effects

Contact your healthcare provider or **Healthline** on **0800 611 116** immediately if you notice any of these side effects:

- Irritability, aggression, changes in mood, feelings of harming yourself or others
- Sudden uncontrolled words or movements
- Chest pain, passing out (fainting), numbness or tingling in your hands or feet.