

Lisdexamfetamine (say: lis-decks-am-feta-mean) for parents and carers

What is lisdexamfetamine used for?

- Lisdexamfetamine (also called LDX, Elvanse® or Vyvanse®) is used to help treat the symptoms of ADHD (Attention Deficit Hyperactivity Disorder), especially in people who have not done well with methylphenidate
- It is made as capsules.

☞ For ADHD, about 2 in 3 (70%) of people's symptoms improve with lisdexamfetamine

☞ If that doesn't work or it has too many side effects, then switching to methylphenidate means about half of those people get better (total of about 85%, or 3 in 4 people). There are other options after that e.g. other medicines and therapies.

What is the usual dose of lisdexamfetamine?

- The usual dose is up to 70mg a day
- The average dose in children is around 40-50mg a day.

How should my child take lisdexamfetamine?

- Swallow the capsules whole with at least half a glass of water whilst sitting or standing. This is to make sure that they reach the stomach and do not stick in the throat
- The capsules can be water or orange, or on yoghurt and the contents added to a glass of water. Stir the liquid until fully dissolved and then drink straight away (any residue on the glass doesn't contain any lisdexamfetamine)
- It can be taken with or without food.

When should my child take lisdexamfetamine?

- Lisdexamfetamine should be in the morning, and not in the afternoon or later.

What are the alternatives?

- There are other medicines (e.g. methylphenidate, guanfacine and atomoxetine), talking therapies and treatments for ADHD.

☞ See our "Handy chart" for ADHD to help you compare the medicines available and how long to take them

☞ This will help you talk to your prescriber, nurse, pharmacist or other healthcare professional.

How long will lisdexamfetamine take to work?

- It should start to work within 1-2 hours of a dose
- The effect will then build over the next few weeks

How long will my child need to keep taking lisdexamfetamine for?

- It should be reviewed at least once a year by your specialist – how you feel on days when you don't have a dose is very helpful.

Is lisdexamfetamine addictive and can my child stop taking it suddenly?

- Lisdexamfetamine is a stimulant medicine
- At smaller doses, it can be stopped suddenly
- At higher doses, it is possible that 'withdrawal' effects might be seen. These would include extreme tiredness, becoming even more hyperactive, eating more and depression
- When the time comes, your child should come off it by a gradual drop in the dose over several weeks
- It normally works out better if stopping it in a planned way at a time when stress levels are lower, rather than around exams or life events
- Discuss this with your prescriber, nurse or pharmacist

See our handy fact sheet on 'Coming off Medicines'

There is no evidence that taking lisdexamfetamine will cause someone to take illicit drugs when they are older. In fact the opposite appears to be true because children will not try to self-medicate with illicit drugs to help their symptoms.

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

- Give it as soon as you remember within about 2-3 hours of when it was due
- **BUT** do not give a dose any later than about lunchtime or it may be much more difficult to get to sleep
- Do not try to catch up by giving two or more doses at once as your child may get more side-effects.

If your child often has problems remembering doses (as many do) ask your pharmacist, prescriber or nurse about this. There are some special packs, boxes and devices that can be used to help them remember.

Can my child drink alcohol while taking it?

- There should be no extra problems with lisdexamfetamine and small amounts of alcohol.

Will it affect my child's other medication?

Lisdexamfetamine has a few possible interactions with other medicines. The main ones include:

- Some cough medicines might also give some stimulating effects
- The effect of lisdexamfetamine can be decreased little by ascorbic acid (vitamin C), diets high in acidic fruit, infections, or some antipsychotics
- There is no problem with the 'Contraceptive Pill'.

Please see the Patient Information Leaflet (PIL) for the full possible list. Not all of these interactions happen in everyone. Some of these medicines can still be used together but you will need to follow your prescriber's instructions carefully.

Will my child need any blood or other tests if taking lisdexamfetamine?

- Your child should not need any blood tests
- He or she might need a heart check before starting lisdexamfetamine and checks on weight, height and blood pressure at least every six months.

What about getting pregnant?

- Discuss this with your health professional - there are leaflets that can help give you the information you need to make a choice

- Usually people gradually reduce their dose before trying to get pregnant
- If you find yourself pregnant unexpectedly see your health professional as soon as possible.

Can my child drive, cycle or operate a boat while taking lisdexamfetamine?

- Your child may feel a bit dizzy at first
- If your child cycles or is old enough to drive, wait until they are settled on a dose before cycling, driving or operating machines.

Lisdexamfetamine can help you concentrate and you may be less likely to have an accident but **only** if you take it regularly. (for more details go to www.gov.uk/adhd-and-driving). In the UK it is legal to drive as long as you take lisdexamfetamine as prescribed by a prescriber and you are sure that it doesn't affect your driving.

What sort of side-effects might my child get if taking lisdexamfetamine?

This table shows some of the most common side effects and any you might need to take action on. You must also see the maker's Patient Information Leaflet for the full list of possible side effects but do not be worried by this. Some people get no side effects at all. Some side effects are the brain getting used to a medicine and these usually wear off in a few days or weeks. Starting slower may help. If you think your child might have a side effect to this medicine, you should ask your prescriber, pharmacist or health professional.

Side effect	What happens	What to do about it
VERY COMMON (<i>more than about 1 in 10 people might get these</i>)		
Anorexia	Loss of weight, not feeling hungry	If this is a problem, contact your prescriber, dietician or pharmacist for advice. It can wear off after a few weeks. You can use some high calorie drink and food products to help if this begins to get a worry.
Insomnia	Not being able to fall asleep at night	Discuss this with your prescriber. He or she may be able to change the time of the dose or doses. Make sure the dose is in the morning. Some people find melatonin helps.
Headache	Your child's head is pounding and painful	Try paracetamol. Your pharmacist will be able to advise if this is safe to take with any other medicines your child may be taking.
COMMON (<i>fewer than about 1 in 10 people might get these</i>)		
Abdominal pain, nausea and vomiting	Feeling sick and being sick. Stomach pain.	If it is bad, contact your prescriber. It may be possible to adjust the dose. Taking it after food may help. It may wear off after a few weeks. This gets less common as your child gets older.
Dry mouth	Dry mouth	More common in adults. Try sucking boiled sweets.
Dizziness	Feeling light-headed and faint	Do not stand up too quickly. Your child should try and lie down when feeling this coming on. Do not drive (if old enough) or cycle.
Nervousness	Feeling more anxious or nervous	This should wear off. If not, mention it to your prescriber next time you meet.
Tachycardia	Fast heart beat	This usually wears off but can mean the dose is a bit too high so ask your prescriber. This gets a bit common as your child gets older.
Tell your prescriber if your child gets this side effect		
Change in mood	Being aggressive, depressed, hostile and perhaps suicidal thinking.	It is more likely to occur after starting, a dose increase, or overdose. See your Prescriber straight away if you have thoughts of harming yourself.

The small print: This leaflet is to help you understand more about lisdexamfetamine. You must also read the manufacturer's Patient Information Leaflet (PIL). You may find more on the internet but beware as internet-based information is not always accurate. Do not share medicines with anyone else. The 'Handy charts' will help you compare the main medicines for each condition, how they work and their side effects. Go to our website for fuller answers to these and many other questions.

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