

Adult ADHD Medication Clinic - Client Information

For Clients Diagnosed with ADHD at The Edinburgh Practice (TEP)

This document explains the ADHD medication titration process for adults diagnosed with ADHD at The Edinburgh Practice and outlines the services and fees available to you.

HOW TO REQUEST A REFERRAL

If you have been diagnosed with ADHD at TEP and would like to start medication titration, please email our Co-ordinator Team to request an internal referral, or ask your doctor, who you had your feedback appointment with, to internally refer you for this service:

Email: *Coordinators@edinburghpractice.com*

We encourage clients to consider their treatment options and, if they wish to proceed with medication, to request a referral for titration within 6 weeks of receiving their assessment report. Following this 6-week period, you will be discharged from our ADHD pathway. However, you are welcome to contact us at any time in the future should you wish to re-refer for medication treatment or any other therapeutic services.

Once received, your referral will be reviewed by our Clinical Lead, who will triage you to the most appropriate clinician and service based on your medical and mental health history. If you have a personal preference regarding your clinician or service, please let us know when you make your referral request. We appreciate that you may wish to start titration with the Consultant Psychiatrist who led your assessment, if you would like this please do request this when you make your referral request via email. We will do our best to accommodate your preferences; however, your clinical needs will always be the deciding factor in how your referral is allocated.

CONSIDERING TREATMENT OPTIONS

Medication is one of the recommended treatments for ADHD and can be highly effective in reducing symptoms and improving day-to-day functioning. However, medication is not the only treatment option available. Psychological therapies, coaching, CBT, or other non-pharmacological interventions either alongside medication or instead of medication can be very effective, please find more information about these services in our post-diagnostic packs.

Medication is not prescribed during your diagnostic feedback appointment. We encourage clients to take time to consider their diagnosis, treatment options, and the associated costs before deciding whether to proceed with medication titration.

Additional ADHD information and resources are available through our Client Portal.

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WHAT IS ADHD MEDICATION TITRATION?

Why are Medication Reviews Important?

Review appointments are an essential part of ADHD medication treatment. They allow your clinician to ensure that medication remains safe, effective, and appropriate for your needs. During reviews, your clinician will monitor for side effects, assess improvements in ADHD symptoms, identify any new physical or mental health concerns, and ensure that prescribing continues to meet clinical and safety standards.

Your Initial Titration Appointment

Before your first appointment, your prescribing clinician will review your assessment report. During the appointment, they will discuss medication options, take baseline observations (blood pressure, pulse and weight), and answer any questions you have.

The Titration Process

Titration means starting on a low dose of medication and gradually increasing it over time. This allows your clinician and you to find the dose that works best for you while monitoring how well you are tolerating it.

During titration, you will have a 30-minute review appointment every 3 to 4 weeks. Most clients require 3 to 6 appointments to find the right medication and dosage.

We recommend booking review appointments in advance wherever possible to help avoid delays in medication reviews and prescriptions during the titration process.

After Titration

Once you are on a stable dose, your review appointments will become less frequent. The exact schedule will depend on your individual needs, but you will have a review at least every 6 months.

Once you have reached a stable dose of medication, regular medication reviews remain an essential part of your care. All clients prescribed ADHD medication through TEP are required to attend a medication review at least every 6 months. This allows us to monitor the ongoing safety and effectiveness of your treatment, review your physical observations, assess for any side effects, and ensure that prescribing remains clinically appropriate.

Please note that 6-monthly reviews are a mandatory requirement and are not optional. If you do not attend the required review appointments, we may be unable to continue prescribing medication until an appropriate review has taken place. Non-attendance at review appointments or a lack of engagement with the required 6-monthly reviews may result in discharge from the practice. If you would find it helpful, we can arrange appointment reminders to support you in attending your scheduled reviews. Please let our Co-ordinator Team know if you would like this service.

OUR ADHD MEDICATION CLINIC SERVICES

1. Non-Medical Prescriber (NMP) Service – Pharmacist and Nurse Prescribers
2. Psychiatry-Led Prescriber Service

NMP TITRATION PACKAGE

Fee: £795

Includes up to 6 appointments and 6 prescriptions.

Medication costs (£100–£200 per month approximately) are not included.

Titration Package Terms

- Full payment must be made before appointments can be booked.
- All appointments included in the package must take place within 6 months of the initial titration appointment.
- No refunds are available for unused appointments.
- Medication costs charged by the pharmacy are not included.
- Review appointments are subject to clinician availability.
- Only urgent clinical queries can be managed between review appointments.

NMP PAY AS YOU GO

- Initial titration appointment (up to 1 hour): £280
- Medication review appointment (up to 30-minutes): £140
- Private prescription within review appointment: £25

PSYCHIATRY-LED PRESCRIBER SERVICE

- Consultant Psychiatrist initial titration appointment/medication review (up to 30-minutes): £210
- Private prescription within review appointment: £25

PRESCRIPTIONS

Medication costs charged by pharmacies are separate from appointment and prescription fees and are not included within any titration package/appointment. Medication costs typically range from £100 to £200 per month.

Prescriptions can be collected from the practice, sent by Special Delivery, processed through CloudRx or Avante Pharmacy.

CloudRx

CloudRx is a regulated online pharmacy providing electronic prescribing and UK-wide medication delivery.

Avante Pharmacy Edinburgh

Provides daily collection, prompt processing and free local delivery within Edinburgh.

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HOW TO REQUEST A REPEAT PRESCRIPTION

During titration, your clinician will issue prescriptions following review appointments.

Once fully titrated, repeat prescriptions can be requested through the client portal. Please allow at least 14 days before medication runs out. There is a fee of £35 for prescriptions outwith review appointments.

SIDE EFFECTS OF ADHD MEDICATION

Common side effects can include palpitations, headaches, anxiety, sleep disturbance and appetite changes.

Seek urgent medical attention if you experience:

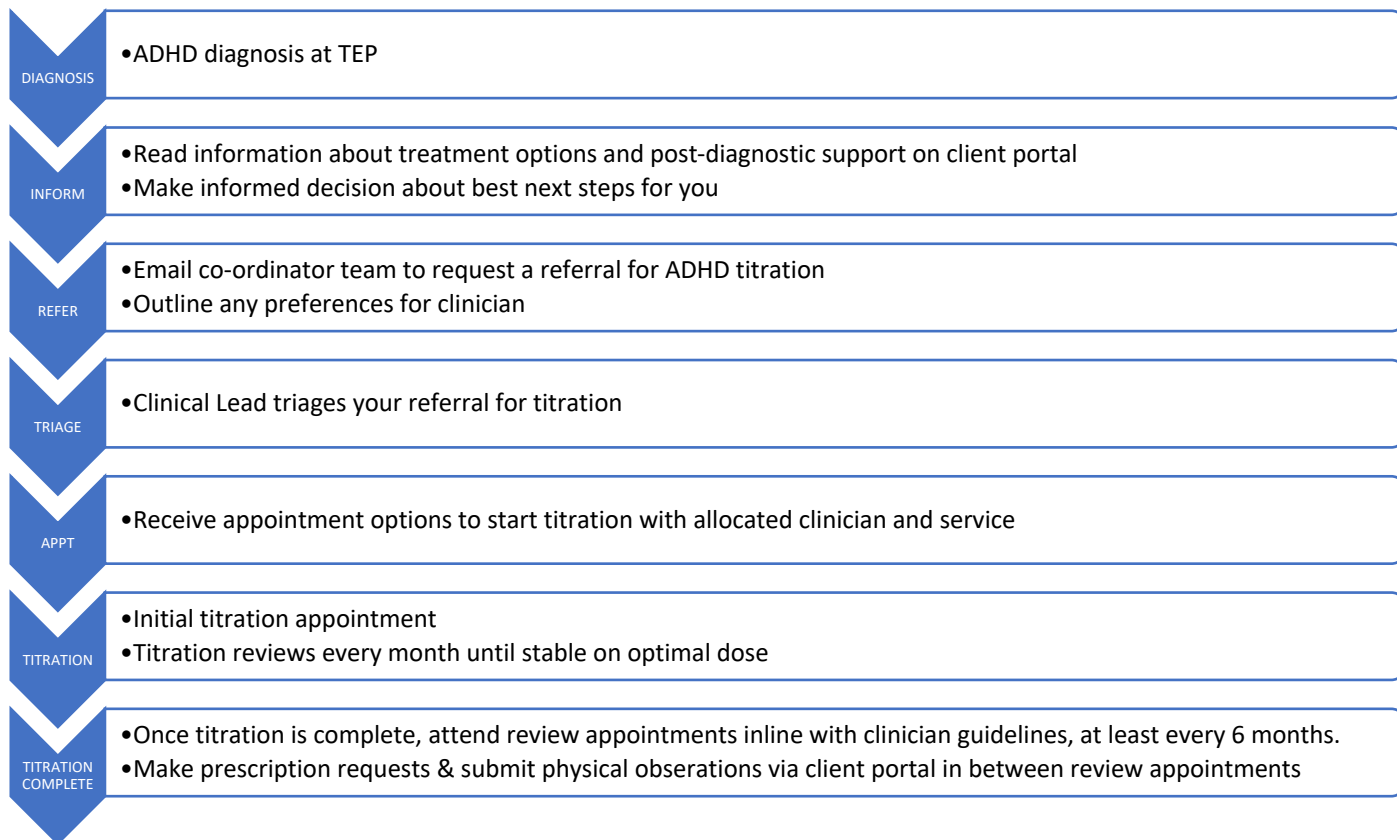
- Blood pressure at or above 140/90
- Pulse at or above 90 bpm
- Weight loss greater than 10%
- New or worsening tics
- A seizure

SHARED CARE

Shared care is an arrangement where your NHS GP agrees to take over prescribing while The Edinburgh Practice continues clinical monitoring and reviews you every 6 months.

Your GP must agree, you must be fully titrated, and you must continue attending monitoring reviews. We unfortunately have no influence over whether your GP practice will accept shared care, if you would like to pursue shared care, we strongly suggest you discuss this with your GP prior to starting titration with TEP. Please note that we will routinely communicate with your GP regardless of whether you have a shared care agreement.

SNAPSHOT OF DIAGNOSIS > TITRATION AT TEP



CONTACT US

Email: Coordinators@edinburghpractice.com

Phone: 0131 385 0934

Working Hours: Monday to Friday, 9am–5pm

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