

## Stimulant Medications

Medications such as **Ritalin, Adderall, Focalin, Concerta and Vyvanse** are extremely effective and safe when used properly in patients with Attention Deficit Disorder. For the welfare of your child, we have established a policy which must be followed. We monitor each patient ***without exception*** as follows:

The physician will typically outline an initial treatment plan, starting with a low dose of medicine which may be gradually increased during the first 4-6 weeks. During this period, the same physician who did the initial consult will determine how often a patient must be seen to monitor efficacy and make changes. Once a child reaches a stable daily dose, we require follow-up visits **every three months**, to monitor height, weight and blood pressure, as well as the effects of the medication. For some children, parents may choose not to give the drug on weekends, holidays or during school vacations. We can discuss how to make these decisions during follow-up visits. Whenever possible, please schedule your follow-up visits with the physician involved in the initial evaluation and treatment plan. Each child who takes stimulant medication must also have an annual check-up, preferably with the prescribing physician.

If your child develops side effects such as motor “tics”, severe emotional ups and downs, intense headaches or difficulty sleeping, stop the drug immediately and notify us. Certain milder side effects such as recurrent stomach aches, decreased appetite or mild insomnia may require that we adjust the dosage.

Stimulant Medications are “controlled substances” and by law are prescribed one month at a time. We will e-prescribe a 30 day supply at the time of each follow-up visit. Provided your follow-up visits are current, we will e-prescribe refills directly to your pharmacy. This applies to out-of-area pharmacies for students who are away at school. Please call us 2-3 days in advance for re-fill requests.

### REFERENCES

- American CHADD  
<http://www.chadd.org>
- Learning Disabilities  
<http://www.nclد.org>
- ADDitude: Living Well with Attention Deficit  
<http://www.additudemag.com>