Information for children and young people with ADHD

About ADHD

ADHD can make you:
• hard to concentrate.
• hard to sit still and
• not be able to pay attention.

ADHD means that it is not your fault if you cannot do these things. It is not a sign that you are lazy or unmotivated. 

ADHD is a brain disorder which means that some people find it hard to concentrate and pay attention. People with ADHD may have problems learning in school. They may be easily distracted and may often make mistakes. 

Some people cannot have this medicine

• if you have heart defects or have had a problem with the blood vessels in your heart when used during the first three months of pregnancy

Drug testing

This medicine may give a positive result when testing for drug use. This includes testing used in sport.

Pregnancy, breast-feeding and fertility

Do not drink alcohol while taking this medicine. Alcohol may make the side effects of this medicine worse.

If you have a mental health problem which is not in

Ask your doctor or pharmacist about this. It may be possible for the medicine to affect how other medicines work.

• you have epilepsy (fits)

If you are taking other medicines, methylphenidate may affect how well they work or may cause side effects. If you are taking any of the following medicines, tell your doctor or pharmacist:

• having sex. Your doctor will discuss contraception with you.

It is important that you provide as much information as you

• you have had a problem with the brain - such as a stroke, swelling and weakening of part

• you have had hard-to-control, repeated twitching of any parts

• you are not sure, talk to your doctor or pharmacist before you

• medicines used to reduce or increase blood pressure

• some cough and cold remedies which contain medicines

• medicines that can affect blood pressure. It is important to check

• you have a mental health problem which is not in

• you have a history of suicide, bipolar disorder or depression.

• if you have any strange thoughts or if you have had any of these feelings or your family

• your doctor or pharmacist before you take methylphenidate. This is because methylphenidate can

• you are not sure, talk to your doctor or pharmacist before you

• medicines that can affect blood pressure. It is important to check

• you have had heart failure.

• you have had severe depression, where you feel very sad,

• you have had a mental health problem which is not in

• you have unexplained death – starting to be aggressive or hostile, or your aggression

• if you have had a mental health problem which is not in

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Your doctor will talk to you about these side effects.

Like all medicines, methylphenidate can cause side effects,

- skin rashes, bruising easily, getting out of breath or chest pains
- having different moods than usual, not being able to
- being very sweaty
- being very depressed and unhappy or wanting to
- feeling shaky, trembling or being unusually active
- feeling worried or nervous

The main things that could affect you are:

- Swallow your medicine with water.
- these tests will include:
- after you start - they will be done at least every 6 months,
- before you start - to make sure that Ritalin is safe and will
- to your doctor before stopping Ritalin.
- may come back or unwanted effects such as depression may
- If you suddenly stop taking this medicine, the ADHD symptoms
- the maximum daily dose is 60 mg.
- your doctor will usually start treatment with a low dose
- diarrhea (but not coeliac disease), you should not take Ritalin.
- This medicine contains lactose (a type of sugar). If you have
- you can break the tablets to make it easier to swallow.
- take Ritalin once or twice daily (e.g. at breakfast
- you do not feel better, tell your doctor. They may decide you
- you can’t break the tablets or open the capsules.
- if you think you are already taking this medicine, don’t start taking it now.
- your mouth (trismus)
- if you think there is a risk of the syndrome, you should stop taking Ritalin.
- if you feel that this medicine is helping you, don’t just stop taking it.
- including abnormalities of body movements, speech and thinking.
- if you are childless or pregnant, you should not take Ritalin.
- to sleep - they should be done before bedtime.
- you should stop taking Ritalin and see your doctor.
- at bedtime.
- You may need to take more than one tablet a day, but you should not take
- your doctor will tell you how many tablets to take each day.
- A certain number of tablets contain a certain amount of
- in the small intestine
- your appetites and weights may not be normal.
- If you think this is happening to you, talk to your doctor.
- If you have any questions, ask your pharmacist or doctor.
- in a child, tell the doctor or your pharmacist if you notice any
- your doctor tells you to stop taking Ritalin.
- it may be dangerous to do things such as drive, use machines, ride a

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