

ADHD Medication Titration Terms and Conditions

These terms and conditions set out the basis on which Berkshire Psychology provides ADHD medication titration services. By proceeding with titration, you acknowledge that you have read, understood, and agreed to the terms below.

1. Starting Titration

Titration can only begin once the pre-titration checklist has been fully completed, returned, and reviewed by the Berkshire Psychology titration team. Once the checklist has been approved, an initial review appointment of up to one hour will be offered. This appointment may take place in person or online.

You will be required to bring photographic ID to verify your / your child's identity. Suitable ID:

- Passport (UK or international, valid or expired within 5 years)
- UK Driving Licence (full or provisional)
- Biometric Residence Permit (BRP)
- EU National ID Card
- CitizenCard / Validate UK card (PASS-accredited)

If you do not have any of the above please contact us.

2. Attendance and Review Expectations

During titration

- You must attend all scheduled follow-up appointments, usually every 2–4 weeks depending on clinical need.
- If you cannot attend, you must give at least 48 hours' notice to reschedule.
- Missing appointments may delay titration or pause prescribing for safety reasons.

During the initial review, we will discuss and assess the following:

- ADHD symptoms
- Your needs, goals, and expectations
- Your physical health and relevant family medical history

- Your mental health
- Any other medical or health conditions
- The potential benefits and risks of ADHD medication
- A current set of physical observations

Ongoing Reviews and Monitoring

During titration you will have a review every month to monitor how treatment is progressing. These reviews may take place face to face or online. You will also have access to the Berkshire Psychology medication email address to update us about any concerns or side effects. Please note that we are not an emergency service and can only respond to emails during our normal working hours. We aim to reply within 48 hours.

3. Your Responsibilities During Treatment

You agree to:

- Take medication exactly as prescribed and not change the dose without clinical advice.
- Report any side effects promptly using the dedicated email: medicationclinic@berkshirepsychology.co.uk
- Inform us immediately if you stop taking the medication, experience significant side effects, or have concerns about safety.
- Inform us if your care is transferred to the NHS or another provider.

4. Communication With Your GP

- Berkshire Psychology will write to your GP after every appointment, including:
 - Assessment outcomes
 - Medication changes
 - Monitoring results
 - Safety information

This is required for safe prescribing and continuity of care.

5. Prescriptions

Following the initial review, the first prescription will be issued subject to ID verification. If the appointment is in person, the prescription will be provided at the appointment. If the appointment is online, the prescription will be sent by recorded delivery; however, in person titration clients also have the option of medication being delivered to their home directly, subject to postage costs.

Additional prescriptions between appointments

- Additional prescriptions requested outside of appointments incur a fee of £35 per prescription.
- You must allow 5 working days for processing.
- Requests should be made via email to medicationclinic@berkshirepsychology.co.uk

Lost prescriptions

- Replacement prescriptions are treated as additional prescriptions and charged at £35.

6. Shared Care Arrangements

- Shared care cannot be requested until you have been stable on medication for 3–6 months.
- Shared care is always at the discretion of your GP. Berkshire Psychology cannot guarantee that your GP will agree to shared care. We advise you to enquire with your GP prior to committing to a private medication pathway.
- If shared care is declined, prescribing will continue privately under our service, with standard review and prescription fees.

If shared care is accepted, you must still attend ongoing review appointments with Berkshire Psychology as part of the shared care agreement. For clients under 18, reviews are required every six months. For clients aged 18 and over, reviews are required every twelve months. Failure to attend required reviews may result in shared care being discontinued.

7. Safety and Monitoring

You agree to:

- Attend all required physical health checks (blood pressure, pulse, height/weight).
- Provide any requested information about physical or mental health changes.
- Inform us of any new medications prescribed by your GP or other clinicians.

We agree to:

- Prescribe in line with NICE NG87 and national safety standards.
- Monitor your response to medication and adjust treatment as needed.
- Communicate clearly about risks, benefits, and alternatives.

8. Ending Treatment

Treatment may be paused or ended if:

- You do not attend required appointments
- You do not respond to safety-related communication
- You repeatedly request prescriptions without attending reviews
- There are concerns about safe use of medication

You may end treatment at any time by informing us in writing.

9. Fees and Medication Costs

The cost of titration is set out separately. In addition to titration fees, there is also the cost of medication, which is payable to the pharmacy. This typically ranges from £90 to £130 per prescription, although actual costs may vary. We do have the option of an online pharmacy service whose costs are fixed, and medication can be delivered to your door, subject to a postage charge.

10. Patient Agreement and Signature

I confirm that I have read and understood these terms and conditions for ADHD medication titration with Berkshire Psychology. I understand the requirements for monitoring, review appointments, prescription costs, and shared care arrangements, and I agree to proceed on this basis.

Client Name: Click or tap here to enter text.

Signature: Click or tap here to enter text.

Name of person signing on behalf of a child: Click or tap here to enter text.

Relationship to child: Click or tap here to enter text.

Date: Click or tap here to enter text.

Please return this form to medicationclinic@berkshirepsychology.co.uk