

WHY MEDS CAN HELP



- ADHD involves brain chemicals that affect attention, focus, impulse control, and activity level.
- Medications help balance these chemicals so the brain can work more efficiently.

ADHD MEDICATION OPTIONS

THERE IS NO "ONE-SIZE-FITS-ALL." DIFFERENT MEDS WORK IN DIFFERENT WAYS.

STIMULANTS

Most commonly used. Work well for many people and have many years of research behind them.



NON-STIMULANTS

Good options for people who can't take stimulants, don't respond to them, or have certain side effects.

IMPORTANT



- Only a doctor can decide which medication is right for you.
- It may take time to find the best medication and dose.
- Regular check-ins help make sure it's working and safe.

COMMON MEDICATIONS	STIMULANTS				NON-STIMULANTS			
	Methylphenidate (short-acting)	Methylphenidate (long-acting)	Amphetamine (mixed salts)	Amphetamine (others)	Atomoxetine	Guanfacine (extended-release)	Clonidine (extended-release)	Viloxazine (extended-release)
EXAMPLES (Brand names)	 - Ritalin® - Methylin®	 - Concerta® - Daytrana® (patch) - Metadate CD® - Focalin XR®	 - Adderall® - Adderall XR® - Mydayis®	 - Dexedrine® - Vyvanse® - Evekeo®	Strattera®	Intuniv®	Kapvay®	Qelbree®
HOW IT WORKS	Increases dopamine in areas of the brain that help with attention and self-control.	Same as short-acting, but released slowly throughout the day.	Increases dopamine and norepinephrine, which help improve focus, motivation, and self-control.	Also increases dopamine and norepinephrine. Vyvanse is a prodrug, activated in the body.	Increases norepinephrine in the brain (not a stimulant).	Affects receptors in the brain to improve attention and reduce impulsivity.	Similar to guanfacine. Helps with attention and impulse control and can calm the nervous system.	A newer non-stimulant that increases norepinephrine.
HOW LONG IT LASTS	About 3–4 hours	About 8–12 hours	About 4–6 hours (IR) up to 16 hours (Mydayis®)	About 4–6 hours (IR), 10–14 hours (Vyvanse®)	24 hours	24 hours	24 hours	24 hours
HOW IT'S TAKEN	Pill, chewable tablet	Pill or patch	Pill (IR or XR)	Pill or capsule	Pill or capsule	Pill	Pill	Pill or capsule
COMMON SIDE EFFECTS (Usually mild and may improve over time)	- Decreased appetite - Trouble sleeping - Stomachache - Headache	- Decreased appetite - Trouble sleeping - Headache	- Decreased appetite - Trouble sleeping - Increased heart rate - Nervousness	- Decreased appetite - Trouble sleeping - Dry mouth - Headache	- Stomach upset - Decreased appetite - Nausea - Drowsiness	- Sleepiness - Low blood pressure - Dizziness - Fatigue	- Sleepiness - Low blood pressure - Dizziness - Dry mouth	- Nausea - Decreased appetite - Fatigue - Headache
GOOD FOR	Quick coverage for part of the day or as needed.	All-day symptom control.	Very effective for many teens and adults.	Vyvanse may have smoother all-day coverage for some.	Good for people who can't take stimulants or have anxiety/tics.	Helpful for impulsivity, hyperactivity, and emotional control.	Useful if sleep is a big problem or for high impulsivity.	New option for adolescents and adults.
THINGS TO KNOW	Often used for school hours or short-term needs.	Do not crush or chew extended-release pills.	Take early in the day to avoid sleep problems.	Vyvanse is less likely to be misused because it must be activated in the body.	May take several weeks to see full benefit.	Often used when stimulants aren't enough or aren't well-tolerated.	Can also help with tics and anxiety.	May take a few weeks to see improvement.

OTHER THINGS TO CONSIDER



Lifestyle: sleep, exercise, nutrition, and routines matter!



Therapy/coaching: skills training can boost results.



Everyone's body is different—what works for one person may not work for another.

SIDE EFFECTS

Most side effects are mild and often go away as your body adjusts. Tell your doctor if anything bothers you or doesn't feel right.



Less appetite



Trouble sleeping



Headache



Stomach upset



Mood changes



Dizziness

THE GOAL

Find the medication and dose that helps YOU focus, learn, manage your emotions, and feel like yourself—with the fewest side effects.

You + The Right Support = Success!



Never change, stop, or start a medication without talking to your doctor.