


# How to channel your child's ADHD with methylphenidate oral solution

**For parents and caregivers of children prescribed Methylphenidate Hydrochloride 2mg/ml oral solution.**

Please use this guide alongside the Patient Information Leaflet inside the packaging of this medicine.



## Helping you help your child with ADHD

### You are not alone

If your child has been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD), you're certainly not alone. That's because ADHD has been estimated to affect 1 in 20 children. So, there's a big community of other parents and caregivers of children with this condition, as well as the team of healthcare professionals treating your child.

***Never be shy of sharing concerns, as help is always at hand.***

## Cause of ADHD

It's not unusual for parents and caregivers to have feelings of guilt when their child is diagnosed with ADHD, but you shouldn't feel that way. There's nothing you could have done differently.

ADHD isn't caused by poor parenting or caregiving. It's a medical condition caused by differences in the development, structure and function of the brain, compared to those who don't have ADHD.

It's these differences that can cause children with ADHD to struggle with things like: **Hyperactivity, Concentration, Impulse control.**

Happily, proven treatments are available, to help children with ADHD at home, during social activities and at school.

## Your child's treatment

Your child has been prescribed a medicine called methylphenidate oral solution to help treat their ADHD symptoms. This medicine is taken as part of a wider treatment programme, which may include things like psychological counselling and educational support.



Methylphenidate belongs to a group of medicines called stimulants. These work by increasing activity in the brain, particularly in areas that have a role in controlling attention and behaviour. This can help children with ADHD to channel hyperactivity, be less impulsive and concentrate better.

### THIS GUIDE

*This guide answers frequently asked questions about methylphenidate oral solution, to help your child get the very most from their treatment. Please read this guide alongside the Patient Information Leaflet inside the packaging of this medicine.*

## Is methylphenidate oral solution the same as methylphenidate tablets?

Methylphenidate oral solution works in the same way as immediate release methylphenidate tablets. The only difference is that methylphenidate oral solution is a liquid.



## How is methylphenidate oral solution being used as part of my child's treatment?

### ***Starting treatment***

Methylphenidate oral solution may be used when your child first starts stimulant therapy, with the dose gradually increased by their healthcare professional until the right dose to meet their individual needs is found. This is called dose titration.

### ***Switched to treatment***

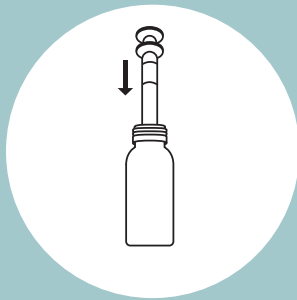
Your child may have already had dose titration with tablets, but has been switched to methylphenidate oral solution because it meets their needs better.

### ***Top-up treatment***

Your child may be taking extended release methylphenidate tablets, but need a 'top-up' with an immediate release formulation of methylphenidate. This can help with after school activities or homework in the evening, for example, when the effect of your child's extended release methylphenidate starts to wear off later in the day.

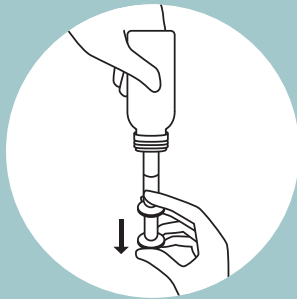
# How do I give methylphenidate oral solution?

Methylphenidate oral solution comes in a bottle with an accompanying graduated syringe. The syringe is marked in 0.5 ml increments. **Here's how to give a dose of methylphenidate oral solution to your child:**



- Shake the bottle for at least 10 seconds and remove the cap
- There is a plug with a hole in the neck of the bottle – insert the end of the syringe into the hole and ensure it is secure
- Hold the syringe in place, turn the bottle upside down and gently pull down the plunger to the required dose

*For example, if the volume prescribed is 5 ml, pull down the plunger until the methylphenidate oral solution is on the 5 ml mark on the syringe*



- Turn the bottle the right way up, then remove the syringe by holding onto the bottle and twisting out gently
- Place the syringe inside your child's mouth (against their cheek) and press the plunger slowly to gently release the medicine
- Have your child swallow the medicine with a drink of water



- After use, the plug should remain in the neck of the bottle
- For hygiene reasons, wipe the plug and neck clean and rinse the cap before replacing and wash and dry the syringe by hand without removing the plunger



## Should my child take methylphenidate oral solution on an empty stomach or with food?

This medicine can be given on an empty stomach, with food or after eating. Giving this medicine with food may help to stop your child from having stomach pains, feeling sick or being sick.

### IMPORTANT

Methylphenidate oral solution should always be given exactly as prescribed by your child's healthcare professional, in terms of both volume administered and frequency of administration.

If your child misses a dose, do not give a double dose to make up for it. Wait until it is time for their next dose, then continue as usual.

If you accidentally give too much methylphenidate oral solution, talk to a healthcare professional or call an ambulance straight away.

## Can I give my child any other medications whilst taking methylphenidate oral solution?

You should check with your child's healthcare professional or pharmacist before giving any other medicines to your child whilst they are taking methylphenidate oral solution, including herbal and complementary medicines.

## Are there any side effects I should look out for?

Like all medicines, methylphenidate can cause side effects, but not everybody gets them. Although some people get side effects, most people find that methylphenidate helps them.

Headache, feeling nervous and not being able to sleep are very common side effects of this medicine, affecting more than 1 in 10 people. Advice from a healthcare professional must be sought straightaway if you notice changes in your child's mood or any problems with their heart.

Please read the Patient Information Leaflet inside the methylphenidate oral solution packaging for full information on all of the possible side effects of this medicine.

## What should I do if my child has side effects?

If your child experiences any side effects, tell a healthcare professional. This includes any possible side effects not listed in the Patient Information Leaflet found inside methylphenidate oral solution packaging.

You can also report side effects directly to the Medicines and Healthcare products Regulatory Agency (MHRA) via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects, you can help provide more information on the safety of this medicine.

## How should I store methylphenidate oral solution?

Methylphenidate oral solution should be stored safely and securely out of the reach of children and in the packaging it comes in. It needs to be stored at room temperature (less than 25°C) and doesn't need to be kept in a fridge unless room temperature exceeds 25°C.

## How long can methylphenidate oral solution be used for after opening?

This medicine can be used for 30 days once opened. Any remaining oral solution should be disposed of after this time or when the expiry date on the bottle has been passed (whichever is sooner). As methylphenidate is a controlled substance, please take any out-of-date oral solution to a pharmacy for disposal.

***If you have any other questions, please speak with the healthcare professional who gave you this leaflet, who will be happy to help.***

If you require further sources of information about ADHD, please contact your child's healthcare professional or visit these further resources of information:

**NHS UK**

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>



**ADHD Foundation:**

<https://www.adhdfoundation.org.uk/>



**ADHD Embrace:**

<https://adhdembrace.org/>

