



Lisdexamfetamine (say: decks-am-feta-mean)

What is lisdexamfetamine used for?

- Lisdexamfetamine (also called Vyvanse®) is used to help treat the symptoms of ADHD (Attention Deficit Hyperactivity Disorder)
- It is available as capsules.

What is the usual dose?

- The usual dose is up to 70mg a day
- The average dose is around 50mg a day in adults.

How and when should I take it?

- Lisdexamfetamine capsules can be taken with or without food
- This should be in the morning, and not in the afternoon or later
- The capsules should be swallowed whole with at least half a glass of water whilst you are sitting or standing so that they reach the stomach and do not stick in your throat
- The capsules can be opened and the contents added to a glass of water or orange, or on yoghurt
- Stir the liquid until fully dissolved and then drink straight away (any residue on the glass doesn't contain any lisdexamfetamine).

How long will it be before it works?

- It usually starts to work within 1-2 hours
- The effect can build over the next few weeks.

How long will I need to keep taking it for?

- Probably for several years. Some people do well on it into their 20s and 30s. Data shows it can be taken up to at least 55 years of age
- Lisdexamfetamine should be reviewed at least once a year by your specialist – how you feel on days when you don't have a dose is very helpful.

Can I stop taking it suddenly?

- It is unwise to stop taking it suddenly, even if your symptoms have improved
- At smaller doses, it can probably be stopped suddenly but at higher doses, 'withdrawal' effects might be seen.

What should I do if I forget to take a dose of lisdexamfetamine at the right time?

- If you miss a dose at breakfast you can take one up to midday
- If not, wait until the next day and start again
- Do not try to catch up by taking two doses at once as you may get more side-effects
- See your prescriber for advice if you keep missing doses.

Can I drink alcohol while I am taking it?

- It is not thought that alcohol will make the side effects of lisdexamfetamine worse.

Can I drive or cycle while I am taking it?

- You may feel a bit dizzy at first when starting
- Until you know that it is not affecting you, do not cycle, drive or operate machines.

Lisdexamfetamine can help you concentrate and you may be less likely to have an accident but **only** if you take it regularly.

What sort of side-effects might I get if I am taking lisdexamfetamine?

Many people get:

- Headache
- Not sleeping well
- Not feeling hungry and losing weight.

Some people also get:

- Feeling and/or being sick
- Dry mouth
- Being overactive
- Fast heart beat
- Feeling dizzy
- Feeling nervous.

See your doctor if you get:

- Unexpected feelings of being irritable, angry, aggressive or wanting to harm yourself.

Please see the Consumer Medicine Information leaflet that comes with the medicine for the full list of side effects but do not be too worried by this. Some people get no side effects at all. If you think you have a problem with side effects, ask your doctor, case manager or pharmacist.

Lifeline provides 24hr telephone crisis support on 13 11 14 or visit www.lifeline.org.au for information & downloads

The small print: This short leaflet is to help you understand more about lisdexamfetamine. You must also read the manufacturer's Consumer Medicine Information (CMI) Leaflet. Do not share medicines with anyone else.

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