



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

What is dexamfetamine used for?

- Dexamfetamine (which used to be spelt dexamphetamine) is mainly used to help treat the symptoms of ADHD (Attention Deficit Hyperactivity Disorder)
- It is available as plain tablets.

What is the usual dose?

- The usual dose of dexamfetamine is around 20mg a day but can be up to 40mg a day in adults.

How and when should I take it?

- Swallow the tablets with at least half a glass of water whilst sitting or standing
- This is to make sure that they reach the stomach and do not stick in your throat
- If the instructions say to take it once a day this is usually best at breakfast
- If more than once a day, the last dose should be no later than teatime to make sure it doesn't make it even harder to fall asleep.

How long will it be before it works?

- It usually starts to work within a few hours
- The effect may then build over the next few weeks.

How long will I need to keep taking it for?

- Probably for several years but it should be reviewed at least once a year by your specialist.

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
- At higher doses, it is possible that 'withdrawal' effects might be seen.

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

- Take it as soon as you remember within about 2-3 hours of when it is due **BUT** do not take a dose any later than about 3-4pm

- If you do, it will mean that it may be much more difficult to get to sleep
- Do not try to catch up by taking two doses at once as you may get more side-effects
- See your doctor 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 dexamfetamine worse.

Can I drive, cycle or operate a boat while I am taking dexamfetamine?

- You may feel a bit light-headed at first when taking dexamfetamine
- Until you know how it affects you, be careful about driving or operating machines.

Dexamfetamine can help you concentrate and so you may be less likely to have an accident but **only** if you take it every day

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

Many people get:

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

Some people also get:

- Feeling and/or being sick
- Feeling nervous
- Cough, sore nose and throat
- Fast heart beat
- Feeling dizzy
- Sore throat and nose.

See your doctor if you get:

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

You **must** also 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 dexamfetamine. You **must** also read the manufacturer's Consumer Medicine Information (CMI) Leaflet. Do not share medicines with anyone else.

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