



Atomoxetine (say: at-o-mocks-a-teen) for adults

What is atomoxetine used for?

- Atomoxetine (also known as Strattera®) is mainly used to help treat the symptoms of ADHD (Attention Deficit Hyperactivity Disorder)
- It is made as capsules.

What is the usual dose of atomoxetine?

- The usual dose of atomoxetine in adults is around 80mg a day (usually the morning), but may be higher in some people.

How and when should I take atomoxetine?

- Swallow the capsules 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
- You can take it before, with, or after food.

How long will it be before atomoxetine works?

- It should start to work in about a month, and the effect builds over the next three months.

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
- When coming off atomoxetine try to choose a time when your stress levels are low.

Can I stop taking atomoxetine suddenly?

- Atomoxetine is not addictive
- There is no problem stopping atomoxetine suddenly, although your symptoms can return if atomoxetine is stopped too early.

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

- Take the missed dose as soon as you remember unless it is within about 4-6 hours of your next dose

- If you remember after this just take the next dose as normal
- Do not try to catch up by taking two doses at once as you may get more side-effects
- See your doctor 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 atomoxetine worse.

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

- Atomoxetine should not affect your ability to drive, but it can cause a little dizziness and lightheadedness
- Until you know how it affects you, be careful about driving or operating machines.

Atomoxetine helps you to concentrate and so you may actually 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 atomoxetine?

Many people get:

- Not feeling hungry
- Feeling and being sick
- Increased alertness
- Not being able to get to sleep
- Feeling dizzy.

A few people may get:

- Constipation
- Feeling tired.

See your doctor if you:

- Get a skin rash
- Get pain under the ribs and start looking yellow
- Start feeling aggressive, upset or angry, or feel you want 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 atomoxetine. You must also read the manufacturer's Consumer Medicine Information (CMI) Leaflet. Do not share medicines with anyone else.

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