

# Information for parents and carers with children under the care of Ryegate Neurodisability/CAMHD ADHD teams

You may be aware that there are national stock issues affecting some types of ADHD medication.

It is expected that some of the supply issues will be resolved in the next few weeks. If your child has enough medication for this period you do not need to take any action.

This currently affects the following medications.

- Elvanse (lisdexamfetamine dimesylate) capsules
- Equasym XL (methylphenidate hydrochloride slow-release) capsules
- Strattera (atomoxetine) capsules
- Intuniv (guanfacine) tablets

We are working to support children and families with the nearest available product wherever possible and get regular updates regarding national stock issues.

## Actions

We are unable to increase any medications until stock issues have been resolved.

There is no medical concern with stopping Elvanse, Equasym XL or Atomoxetine suddenly.

If possible, Intuniv should be reduced by 1mg every 3 days. If you have some remaining lower dose Intuniv tablets, you should keep these to enable you to reduce your child's medication. However, there is no evidence that children have come to any harm when stopping Intuniv suddenly.

If the prescription you are given is currently unavailable at your local pharmacy, you may be able to ask the pharmacy whether it is available at any other pharmacy in the area.

If you have enough medication, there is no need to contact us. This will allow the phone line to be available for families with an immediate need.

*Ryegate Neurodisability -If you are not able to get the prescription, please leave a message on our prescription line – 0114 271 7643. A member of our team will contact you to discuss options. These may include taking a short-term medication break or prescribing an alternative brand of medication suitable for your child.*

*Contact your care coordinator who will discuss options with you directly.*

*Beighton Community CAMHS 0114 271 6540*

*Centenary Community CAMHS 0114 226 2348*

## General advice

It is important to continue with supporting strategies alongside the use of medication for ADHD. This is particularly important around:

- good sleep hygiene
- providing daily structure
- help with memory, organisation and planning support
- working towards a balanced diet and exercise where possible

All of these supporting factors have a very positive influence on how children cope with ADHD.

Please make sure you inform the school SENCO if your child is not receiving medication so that they are aware and can prepare support strategies for your child in school.

More information about ADHD medication can be found at: [NHS.uk](https://www.nhs.uk)