

Resources for Patients

1. **AACAP Medication Guide:** Made for parents but very nice of medications for patients
 - AACAP.org → **ADHD: Parents' Medication Guides**
 - [https://www.aacap.org/AACAP/Families and Youth/Family Resources/Parents Medication Guides.aspx#:~:text=ADHD%3A%20Parents%E2%80%99%20Medication%20Guide](https://www.aacap.org/AACAP/Families_and_Youth/Family_Resources/Parents_Medication_Guides.aspx#:~:text=ADHD%3A%20Parents%E2%80%99%20Medication%20Guide)
2. **CDC.GOV** Many useful resources for Adults and youth.
 - <https://www.cdc.gov/adhd/articles/adhd-across-the-lifetime.html>
3. **ADDA: Attention Deficit Disorder Association**
 - www.ADA.org
4. **CHADD: Children & Adults with Attention Deficit Disorder**
 - www.CHADD.org

Resources for Practitioners

- **ACCESS MENTAL HEALTH CT** WWW.ACCESSMHCT.COM
 - Call us with questions or have us follow the patient along with you”
 - ADHD Med Table, ADHD Toolkit, Webinars, PowerPoints, etc.
 - ADHD MEDICATION CHART - R Miller
 - ACCESS MH for MOMS
- **NORTHWELL HEALTH ADHD MEDICATION GUIDE** www.adhdmedicationguide.com
- **STIMULANT DOSE EQUIVALENT CALCULATOR.** <https://adhdosecalc.com/>
- **AAFP Adult ADHD Toolkit**
 - <https://www.aafp.org/family-physician/patient-care/prevention-wellness/emotional-wellbeing/adhd-toolkit/assessment-and-diagnosis.html>
 - (VERY comprehensive, includes tools, forms, handouts etc.)
- **CDC.GOV** Learn about AD/HD Disorder. Across the Lifespan
 - <https://www.cdc.gov/adhd/articles/adhd-across-the-lifetime.html>
- **FDA Drug Shortage Database**
 - <https://dps.fda.gov/drugshortages>

Methylphenidate Extended Release

Racemic unless otherwise spec,	Release, IR/ER	Duration	Dose range – GENERIC AVAILABILITY
OROS-MPH <i>("Concerta®")</i>	22% IR/78% Continuous (generics)	12 hr.	18-72mg/day /GENERIC
Dex-Methylphenidate XR (<i>"Focalin XR®"</i>)	Biphasic 50/50 IR/Delayed (d-mpH only)	8-10 hr.	5-30mg/day /GENERIC
Methylphenidate CD <i>("Metadate CD®")</i>	Biphasic 30/70	8 hr.	1—60mg GENERIC ONLY
<i>"Quillichew®/Quillivant®"</i>	Biphasic 20/80	8-10hr	20-60mg (no generic but may be on formulary) Chewable or suspension
Methylphenidate LA <i>"Ritalin LA®"</i>	Biphasic 50/50 – Generic available	8 hr.	10-60mg/GENERIC
<i>"Contempla XR ODT®"</i>	Biphasic 25/75	11 hours	8.6-51.8mg (Oral disintegrating) 6-17 Y/O
<i>"Aptensio XR®"</i>	Biphasic Beads (37/63)	12 hour	10-60mg BRAND ONLY
<i>"Relexxii®"</i>	OROS (22/78)	12 hour	18-72 (like "Concerta" More sizes/BRAND)
<i>"Journey PM®"</i>	100% delayed release	9-12hr	20-100mg
<i>Ser-Dex-MPH/Dex-MPH</i> <i>"ASTARYZ®"</i>	16%IR/84%prodrug	10-13	26.1/5.2mg-52.3/10.4mg

Amphetamine Extended Release

	Release (IR/ER)	Duration	Dose range
Mixed Amph. Salts ER "Adderall XR®" 25%L/75%D	Biphasic 50:50	8-12hr	5-60mg/d
Lis-Dexamphetamine *D-amph attached to lysine ("Vyvanse®")	Pro drug continuous* Cap or chewable	8-12 hr.	20-70mg 1-2hr delay (40mg ~ 20mg MAS XR),
Dextroamphetamine SR (Dexedrine Spansule®)	Biphasic, 50:50		5-60mg/d
Amphetamine 50:50 D:L "Dyanavel®"	Biphasic 20/80	12 hr.	2.5-30mg Susp or tablet
Mixed Amph. Salts ER "Mydayis®" 25%L Amph /75%D-amph	Triphasic 33% IR, XR and XXR	14-16hr	12.5-50mg
Amphetamine 50:50 D:L ("Adzenys XR®")	Biphasic 50:50	10-12	ODT or liquid

Immediate Release Stimulants

Methylphenidate	Form	Duration	Dose range
Methylphenidate ("Ritalin®")	50:50 D/L)	3-5 hours	Start 5mg Max 60mg or 2mg/d, (div. bid-tid)
Dex-Methylphenidate) ("Focalin®")	100% D-MPH	3-5 hr.	Start 2.5mg, Max 40mg/d divided bid or tid
MPH Chewable and solution ("Methylin®")	50/50 D/L	3-5hr	Start 2.5mg children, 5mg adults Max 60mg div bid or tid
Amphetamine			
Dextro-Amphetamine ("Zenzedi®")	100% D-Amph.	3-5hr	2.5mg, 1-3x/d to 60mg/d (divided bid-tid) Off label for adult ADHD
Mixed Amphetamine Salts ("Adderall®")	75%D/25%L-Amph	4-6 hr.	5mg bid, max 60mg (divided)
Amphetamine "Evekeo® & ODT)	50:50 D/L- Amph "like Benzedrine"	4-6hr	5-40mg qd-tid
Dextro-Amphetamine ("Procentra®") oral sol.	D-Amphetamine	3-6hr	Liquid 5mg/ml, 5-40mg divided. Bid- tid (3-17y)

Non -Stimulants

Alpha Agonists	Form	Duration	Dose range
Clonidine IR Generic available	IR Tablet, can crush or split	4-6 hr.	0.1--0.4mgdivided bid-qid Not FDA approved -ADHD
<i>Clonidine ER (Kapvay®)</i> <i>Generic only</i>	Slow-release tablet Do not spilt or crush	12 hr.	0.1mg-0.4mg/div bid Approved 6-17
<i>Clonidine XR (Onyda XR®)</i>	Slow-release Suspension	24 hr.	Approved 6-17
Guanfacine IR (<i>Tenex®</i>) <i>Generic only available</i>	Tablet, Can crush or split	8-12 hr.	1-4mg div bid Not FDA approved -ADHD
Guanfacine ER (<i>Intuniv®</i>) Generic available	Slow-release tablet Do not split or crush	24 hr.	0.1-0.4mg/d Approved 6-17
NE Reuptake Inhibitors			
<i>Atomoxetine (Strattera ®)</i> <i>Generic available</i>	Capsule: Do not open, chew or sprinkle	24 hr.	20-100mg/d max adults
<i>Qelbree® (Viloxazine®)</i>	<u>Capsule: Can be sprinkled</u>	24hr	100-400mg

Dose Conversion/Equivalents

Methylphenidate

36mg Concerta[®] =



20mg Ritalin LA[®] =



10mg Focalin XR[®] =



10mg methylphenidate IR, 8am and noon =

Amphetamine

= 20mg Vyvanse[®]



= 10mg Adderall XR[®]



= 5mg Adderall[®] IR 8am and noon



5mg d-amphetamine IR, AM & Noon

CONVERSION CALCULATOR → www.adhddosecalc.com