

Mixed Amphetamine Salts

Generic: Dextroamphetamine/Amphetamine

Brand: Adderall XR®

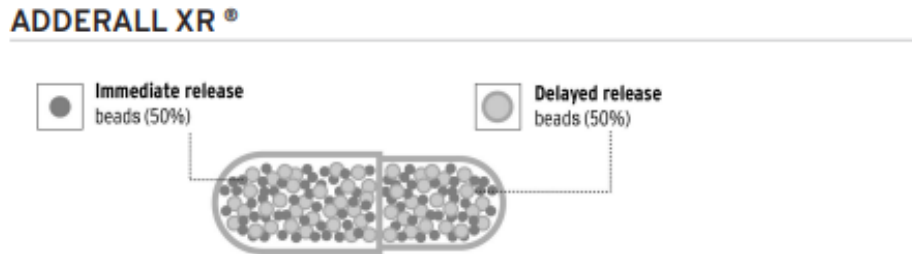


Figure 1: Quick Guide to ADHD Medication (Vincent 2019)

Purpose: Amphetamine products are thought to increase the levels of norepinephrine and dopamine (chemical messengers) in your brain by blocking how fast they are available for your brain to use. People with ADHD have disruptions in these messengers and having more may help your brain cells communicate.

Benefit: Amphetamine is proven to be safe and effective for treating ADHD.

How to take: Swallow whole with a full glass of water or open the capsule and sprinkle the beads on applesauce. **Do not break or chew beads.** The effects of the medication may be altered by the PH of other substances or medications in your GI tract. (e.g., antacids or proton pump inhibitors)

Who should take Adderall XR®? A person six or older with ADHD can take this medication.

How does Adderall XR® work? Half of the beads dissolve immediately, and the other half need a different PH to dissolve. This allows half of them to work quickly while the other half take longer so the medication lasts longer throughout the day.

How long does Adderall XR® last in your body? 12 hours

Dosages: Capsules come in 5, 10, 15, 20, 25, and 30mg



Figure 2: Quick Guide to ADHD Medication (Vincent 2019)

Important! Talk to your prescriber if you are planning to become pregnant or start breastfeeding while taking this medication. Taking Adderall XR® may alter your ability to drive or operate machinery. Do not take any new medications, supplements, or vitamins without talking to your prescriber first.

What if you miss a dose? Do not take medication in the afternoon if you forget to take it in the morning. Skip the missed dose and take a dose the next day at the normal time. Do not take two doses.

Common Side Effects for Psychostimulants:

- BP and HR increase
- Appetite suppression
- Constipation/Diarrhea
- Dry mouth
- GI upset
- Nausea/vomiting
- Anxiety
- Dizziness
- Dysphoria/irritability
- Headache
- Initial insomnia
- Rebound effect
- Tics
- Decrease in weight
- Sexual dysfunction (uncommon)
- Skin reactions

(CADDRA, 2020, p. 71)

Remember: This is not a complete list of side effects. Talk to your prescriber if you have any side effects that are bothersome and do not go away after a few weeks. Adderall XR® is a controlled substance because it can lead to dependence, or it can be abused. **Selling or giving your medication to someone else is against the law.**

Note: Illustrations are not representative of size of ADHD capsules.

References:

1. CADDRA - Canadian ADHD Resource Alliance: Canadian ADHD Practice Guidelines, 4.1 Edition, Toronto ON; CADDRA 2020.
2. Takeda Canada Inc. (2021, Oct 26). *Product Monograph Including Patient Medication Information*. (pp. 35-43). PDF. <https://www.takeda.com/4ab39a/siteassets/en-ca/home/what-we-do/our-medicines/product-monographs/adderall/adderall-xr-pm-en.pdf>
3. Vincent, Annick. (2019, September). *Quick Guide to ADHD Medication in Canada*. PDF. https://attentiondeficit-info.com/wp-content/uploads/2021/08/adhd_en_canada_september2019.pdf