

Methylphenidate Hydrochloride

Generic: MPH ER and MPH ER-C available in Canada

Brand: Concerta®

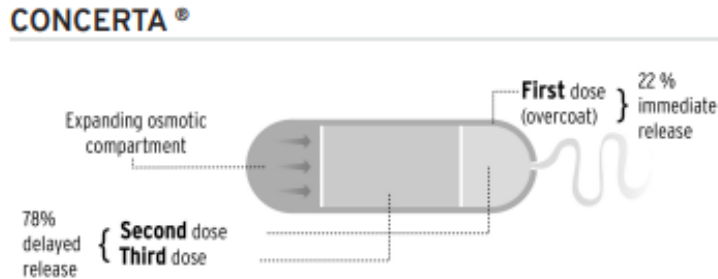


Figure 1: Quick Guide to ADHD Medication (Vincent 2019)

Purpose: Methylphenidate 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: Methylphenidate is proven to be safe and effective for treating ADHD.

How to take: Tablets must be swallowed whole with liquid. You can take them with or without food. **Do not break or chew Concerta®.** (See below)

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

How does Concerta® work? Concerta works through a technology called Oros®. The outside of the medication dissolves and releases 22% of the dose immediately. Following, the inside of the tablet has an expanding compartment that slowly pushes out the remaining 78% of the dose through a hole on one side of the medication. Note: the delivery system of generic Concerta® is not the same as brand name Concerta®, which creates a clinical difference between the two.

How long does Concerta® last in your body? Approximately 12 hours

Dosages: Capsules come in 18, 27, 36, and 56mg



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 Concerta® 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 or do not go away after a few weeks. Concerta® 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. Janssen Inc. (2022, May 13). *Product Monograph Including Patient Medication Information*. (pp. 38-45) PDF. https://pdf.hres.ca/dpd_pm/00065854.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