

## Methylphenidate Hydrochloride

**Generic:** None in Canada

**Brand:** Foquest®

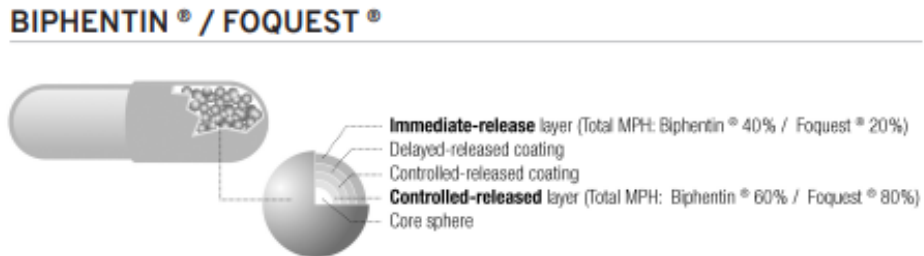


Figure 1: Quick Guide to ADHD Medication (Vincent 2019)

**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:** Swallow whole with a full glass of water or open capsule and sprinkle the beads on applesauce, ice cream or yogurt. **Do not break or chew beads.** May take with or without food.

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

**How does Foquest® work?** This medication works through beads with different layers. The outside of the beads releases 20% of the medication immediately. The inside layers of the beads have coatings that need a specific pH to break them down. As you get closer to the center of the beads, the coatings require a higher pH to break them down. This helps the remaining 80% of the medication to be released slowly in the digestive system.

**How long does Foquest® last in your body?** 16 hours

**Dosages:** Capsules come in 25, 35, 45, 55, 70, 85, and 100 mg



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 Foquest® 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. Foquest® 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. Elvium Life Sciences. (2021, July 7). *Product Monograph Including Patient Medication Information*. (pp. 32-39). PDF. <https://elvium.ca/wp-content/uploads/FOQUEST-PM-E-Jul2021-Elvium.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](https://attentiondeficit-info.com/wp-content/uploads/2021/08/adhd_en_canada_september2019.pdf)