

Lisdexamfetamine Dimesylate

Generic: None in Canada

Brand: Vyvanse®

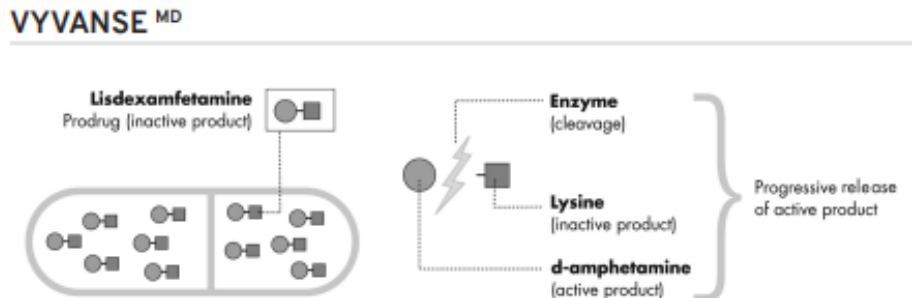


Figure 1: Quick Guide to ADHD Medication (Vincent 2019)

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: Capsules can be swallowed whole or opened and contents dissolved in water, orange juice, or yogurt. Chewable tablets must be fully chewed before swallowing.

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

How does Vyvanse® work? Vyvanse needs an enzyme in the body to transform it for it to release the active drug. This takes place in the GI tract and bloodstream. The process of releasing the active drug takes time, so the effect of the medication lasts for a while.

How long does Vyvanse® last in your body? 14 hours

Dosages: Capsules 10, 20, 30, 40, 50, 60 and 70 mg. Chewable tablets: 10, 20, 30, 40, 50, 60 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 Vyvanse® 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. Vyvanse® 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. (2020, July 21). *Product Monograph*. (pp. 56-60). PDF.
https://pdf.hres.ca/dpd_pm/00057141.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