

ADULT ADHD SERVICE PATIENT INFORMATION LEAFLET

National Supply Shortage of your prescribed medication

Supply shortage of medicines for ADHD.

The Department of Health and Social Care has alerted us that there is a national supply shortage of the medication prescribed to help manage your ADHD symptoms.

The supply disruption of these products is caused by a combination of manufacturing issues and an increased global demand.

How long will the shortage last?

At present, the supply disruptions are expected to resolve at various dates between October and December 2023.

This is a national supply problem and all UK ADHD services; Paediatrics, CAMHS, Adults, and Pharmacies within the community and in hospitals are affected.

The medicines affected are:

- **Equasym XL® (methylphenidate) 10mg, 20mg and 30mg capsules**
- **Xaggitin XL® (methylphenidate) 18mg and 36mg prolonged-release tablets**
- **Concerta XL® (methylphenidate) 54mg prolonged-release tablets**
- **Xenidate XL® (methylphenidate) 27mg prolonged-release tablets**

- **Elvanse® (lisdexamfetamine) 20mg, 30mg, 40mg, 50mg, 60mg and 70mg capsules**
- **Elvanse Adult® (lisdexamfetamine) 30mg, 50mg, and 70mg capsules**

- **Intuniv® (guanfacine) 1mg, 2mg, 3mg and 4mg prolonged-release tablets**

- **There are also on-going shortages of the Atomoxetine capsules and liquid**

Are there alternative medications available?

Other ADHD products may remain available however there may not be a straightforward substitution process for your medicines as alternatives may not be suitable for everyone

We know how important getting your medicines is. Your community pharmacy will always happy to talk to you about your medicines and to explain why getting your medicine may be difficult at the moment.

You may have to take a treatment break and once the supply shortage has been resolved you will be supported to get back to your previous doses of medication either by your GP or your ADHD specialist.

What should I do if I cannot get my ADHD prescription from the pharmacy?

If one pharmacy is unable to obtain supplies, please try a different pharmacy.

Pharmacies may use different suppliers or wholesalers to source medicines so availability will depend on whether each pharmacy's suppliers have stock or not.

Where there is a known shortage of a medicine, supply levels can change quickly. This is why pharmacies in one area may be able to find a medicine and others may not.

Alternatively, it may be best to leave the prescription (FP10) with a pharmacy that could check wholesaler stock levels daily and place an order.

Is it safe to stop taking ADHD medication abruptly?

NICE guidelines recommend having regular treatment breaks from ADHD medications. It is not unusual to stop taking medication for some periods. Therefore, no harm should come from stopping most ADHD medications in a planned way.

If, however you are prescribed Intuniv® (Guanfacine) please contact the ADHD Service that recommended this medication for you as Intuniv® must be stopped slowly as it can cause your blood pressure to increase if stopped suddenly. Consult your GP or ADHD service as soon as possible if you cannot get your prescription from the pharmacy.

If you still have some supply of Intuniv® (Guanfacine) left, reduce by 1 mg every 3 days before stopping until supply becomes easily available again.

If you have to stop abruptly because you have run out of supply then you should check your blood pressure daily for 7 days and seek urgent advice from your GP or primary care clinician if it is higher than 140/90 mmHg on two measurements.

Patient views and suggestions are important and help the Trust to improve the services it provides. If you have any queries about the information in this leaflet please contact the Patient and Carer Experience Team on experience@ghc.nhs.uk

Gloucestershire Adult ADHD Service

Sources of support and advice for living with ADHD

Websites:

- <http://aadduk.org/>

A more comprehensive website about Attention Deficit Hyperactivity Disorder in adults, with links to self-help resources, support groups and an online discussion forum.

- <http://www.addiss.co.uk/>

A website containing helpful information and resources about coping with ADHD.

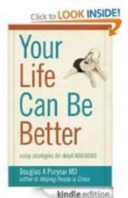
- www.adhdhubglos.org

Local ADHD support service in Gloucestershire.

Books:

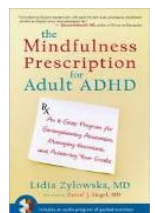
- **Your life can be better: Using strategies for adult ADD/ADHD. Douglas Puryear.**

Talks in an informative yet informal way about his experiences of living with ADD and provides ideas about what strategies you can use to help.



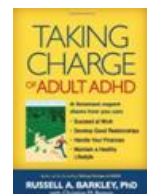
- **The mindfulness prescription for adult ADHD. Lidia Zylowska**

Mindfulness is a method that you can learn to help get control you're your thoughts and to help you to live in the moment. This book outlines mindfulness skills and how you can apply them to ADHD.



- **Taking Charge of adult ADHD. Russell Barkley**

A book that contains useful strategies for attention, problem solving and planning.



Many people with ADHD find they also feel low and anxious at times. These resources may help:

NHS Services

This is a link to the contact details for your local service which uses talking therapy to help people with anxiety and depression. You can refer yourself to them or ask your G.P. to refer you: www.talk2gether.nhs.uk



with you, for you



Gloucestershire Health and Care

NHS Foundation Trust

If you have concerns about your mental health your GP can also offer you support and advice and a referral to a service that may be able to help you.

In a crisis you can contact:

- Out of hours GP
- Our Crisis Teams – tel: 0800 169 039
- The Samaritans – tel: 116 123 / www.samaritans.org

Other Sources of Support

www.mind.org.uk

Mind is a national charity that have a lot of information and resources about mental health difficulties. In some areas they run support groups.

www.rethink.org

Rethink is also another charity providing information and resources around mental health and wellbeing. They also run support groups in certain areas.

www.mentalhealthmatters.com

A national organisation that provides information on employment, housing, community support and psychological services.

Drug and Alcohol use

www.talktofrank.com

This is a website providing information about drug use, including types of drugs, their addictiveness and the short and long term impact of their use. You can also contact them through their website or by telephone to discuss any difficulties you or friends/ relatives may be having.

www.rcpsych.ac.uk/expertadvice.aspx

This is a link to numerous leaflets related to mental health and drug/ alcohol use.

Self- help information

www.ntw.nhs.uk/pic/selfhelp

This is an NHS website which has many self-help booklets including: to obsessions and compulsions, sleep, depression and anxiety.

www.cci.health.wa.gov.au/resources/consumers.cfm

This is an Australian website and it also has self-help booklets. It covers difficulties such as putting things off (procrastination), perfectionism and coping with your feelings.