



# Methylphenidate



## About

Methylphenidate is the most commonly used medicine for ADHD. It belongs to a group of medicines called stimulants, which work by increasing activity in the brain, particularly in areas that play a part in controlling attention and behaviour. Methylphenidate may be offered to adults, teenagers and children over the age of 5 with ADHD.



## Taking the Medication

The medicine can be taken as either immediate-release tablets (small doses taken 2 to 3 times a day) or as modified-release tablets (taken once a day in the morning, with the dose released throughout the day).

If you or your child is prescribed this medication, you'll probably be given small doses at first, which may then be gradually increased. You or your child will need to see a doctor for regular check-ups to ensure the treatment is working effectively and check for signs of any side effects or problems.



## Side Effects

Common side effects of methylphenidate include:

- a small increase in blood pressure and heart rate
- loss of appetite, which can lead to weight loss or poor weight gain
- trouble sleeping
- headaches
- stomach aches
- feeling aggressive, irritable, depressed, anxious or tense



## Further Information

You can read further information about this drug here:

<https://www.nhs.uk/medicines/methylphenidate-children/>  
<https://www.nhs.uk/medicines/methylphenidate-adults/>

