

Updated 13/09/2024

There are ongoing disruptions affecting the availability of ADHD medications in the UK. Please be aware the situation changes frequently and different areas across the UK may be affected differently.

Lisdexamfetamine (Elvanse/Elvanse Adult)	Supplies are stable.
Concerta XL Delmosart MR Xaggitin XL Xenidate XL Matoride XL	Stock levels are critically low. We will be issuing prescriptions with the generic name where possible to allow pharmacies to use any available brand to fill your prescription. Use your supply sparingly, take medication only on days when needed, and take breaks when possible to prolong your access to medication.
Medikinet XL Meflynate XL Equasym XL	Stocks remain limited but are currently stable.
Guanfasine MR (Intuniv)	Supplies are stable.
Atomoxetine	Supplies are stable.

Non-Stimulant Medication

Intuniv/Guanfacine: it is very important that you do not make any changes to the current dose unless this has specifically been advised by your ADHD clinician. This is because there are potential risks to you if changes to this medication are not made in the correct way. Please speak with your ADHD clinician for further advice.

Stimulant Medication

Patients should be reassured that stopping and restarting stimulant medications abruptly is medically safe to do, but ADHD symptoms will return.

Take your stimulant medication sparingly during this period if you can, such as only on days you really need it.

If you run out of medication you may experience withdrawal symptoms, such as tiredness and poor functioning, with worsening of ADHD symptoms. Usually, these will last no more than three to four days. It's advisable to avoid driving, operating heavy machinery and not to make any important decisions during this time.

You can talk to your GP about being signed off work if you are unable to function well enough.

If you experience severe mental health difficulties, you can contact an appropriate emergency service or NHS 111

Dealing with medication stock issues

We kindly ask for your understanding and assistance during this challenging time. To facilitate access to your prescribed medication, we kindly ask for your cooperation with the following:

Be proactive

1. **Contact Pharmacies:** Check availability of your medication
2. **Communicate with your Clinician:** Discuss concerns and options during your appointment
3. **Confirm Availability:** Before making payment for your medication

If your chosen pharmacy has received your prescription but doesn't have stock of your medication:

Pharmacierge: Request them to mail the prescription to you for use at local pharmacies

Local Pharmacies: Collect the prescription and check other local pharmacies

Medication Unavailable: If you cannot find any availability, consider waiting for restock or book an appointment to discuss alternatives with your clinician, bear in mind that alternatives may also be affected by stock issues and may prolong your titration period. The availability of alternatives depends on your health history, needs, and medication availability. This may require re-initiating titration and ongoing follow-up appointments.

Costs for Our Services:

Some of these actions may incur additional costs. We have temporarily discounted these as much as possible. These costs may be subject to revision based on how the situation unfolds. Please understand that as a not-for-profit organisation, our ability to offer further discounts is limited.

- Additional prescription required: £15.00 (standard fee: £25.00)
- Additional letter required: £25.00 (standard fee: £45.00)
- Standard appointment fees remain unchanged: £100.00 for a 30-minute nurse review and £160.00 for a 30-minute psychiatry review.

We appreciate your patience and cooperation during this challenging time.