Elvanse®
(lisdexamfetamine dimesylate) capsules
20 • 30 • 40 • 50 • 60 • 70 mg

Elvanse and You

Information for adults, young people and parents of children with ADHD who have been prescribed this treatment

Reporting of side effects
If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store.

By reporting side effects you can help provide more information on the safety of this medicine.

Takeda

Introduction

Your doctor has prescribed Elvanse (lisdexamfetamine dimesylate) for you.

This booklet tells you:

- What Elvanse is
- How to take it
- What to expect when taking it
- How it could help control the symptoms of attention-deficit hyperactivity disorder (ADHD)

Always read the patient information leaflet before use.

What is Elvanse?

Elvanse contains the active substance lisdexamfetamine dimesylate, which is a stimulant medicine used to treat the symptoms of ADHD in:

- adults who have had ADHD since childhood
- children and young people between the ages of 6 and 18 who have previously taken a methylphenidate treatment that inadequately treated their ADHD

This medicine should be used as part of an overall treatment programme for ADHD that may include counselling and behavioural therapies.

Why have you been prescribed Elvanse?

ADHD is a neurological (or brain) condition that affects a person's ability to focus, pay attention and manage certain behaviours (such as feeling impulsive and/or hyperactive).

Your doctor has prescribed Elvanse to help reduce the symptoms of ADHD:

Improve your attention, for example, increase your ability to focus on tasks

Help you concentrate and not be distracted by other things

Make you less impulsive by stopping to think before you act

How does Elvanse work?

Brain regions are connected by messengers called neurotransmitters, that help different parts of the brain communicate with one another. These messengers play a role in our thoughts, emotions and actions.

In people with ADHD, it is thought that the messengers have different activity levels, meaning the message that gets through might be different. This may be the reason why individuals with ADHD can experience ongoing problems in everyday life, such as difficulty with inattention, motivation and controlling their behaviour.

Stimulant medications like Elvanse can help to control the activity of certain parts of the brain and so help to improve attention and concentration and make you less impulsive.

What could taking Elvanse mean for you?

Elvanse is a long-acting medicine. It works by gradually releasing the active ingredient, which means it can help you carry out everyday tasks from morning, throughout the day, and into the evening.

For more information on how ADHD medication works in the brain and what this could mean for you on your ADHD journey, Takeda have developed patient videos that you can watch.

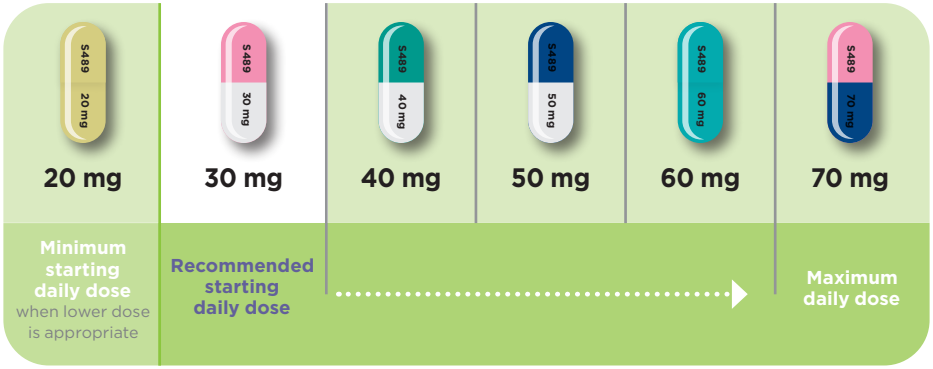
Click the QR codes for the patient videos if viewing digitally or scan the QR code if viewing a physical document:

Adults taking Elvanse

Young people taking Elvanse

Parents of children taking Elvanse

What doses of Elvanse are there?



Capsule images are actual size

- Your doctor will prescribe an appropriate daily dose for you (20 mg, 30 mg, 40 mg, 50 mg, 60 mg or 70 mg).
- The recommended dose at the start of treatment is 30 mg. However, some patients need a lower starting dose of 20 mg. Later on, your doctor may increase the dose by 10 or 20 mg increments.
- The maximum daily dose is 70 mg.
- If you have kidney related problems or if you are elderly, your doctor may reduce the dose.

What should you expect?

Your doctor may increase the dose of your medicine over the first few weeks, until the right dose is found. You must tell your doctor if you do not feel better or if you feel worse after one month of treatment. It is important that you take your medicine properly and do not stop taking your medicine without first talking to your doctor.

How should you take Elvanse?

Make sure you always take your medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are unsure.

- Take the capsule with or without food
- Take your medicine in the morning before breakfast
- Do not split the dose of a capsule; take the entire contents of the capsule. Do not take anything less than one capsule per day

Option 1
Swallow the capsule whole with water

Option 2
Open the capsule and empty the entire contents into:

- Soft food, such as yogurt
- A glass of water or orange juice

Use a spoon to break up any bits and stir the Elvanse and yogurt, water or orange juice until they are completely mixed together. Eat all the yogurt or drink all the water or orange juice immediately after mixing with Elvanse. Do not store it.

Do not worry if there is a film left in the glass or container afterwards – this is not the active ingredient.

If you forget to take your medicine, wait until the next day and continue as normal. Speak to your doctor or pharmacist if you are unsure.

If you take too much medicine, talk to a doctor or call an ambulance straight away. Tell them how much you have taken.

This medicine should not be given to anyone else, even if they have similar symptoms to you.

Side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Your doctor will talk to you about these side effects.

Some side effects could be serious. The full list of serious side effects can be found in the Patient Information Leaflet supplied with your medicine. If you get any of these side effects, see a doctor straight away.

Common serious side effects (may affect up to 1 in 10 people) are an uneven heartbeat (palpitations) and chest pain (may be a sign of heart problems).

The very common side effects that may affect more than 1 in 10 people are decreased appetite, being unable to sleep, headache and dry mouth. The full list of side effects can be found in the Patient Information Leaflet supplied with your medicine.

Tell your doctor if any side effects worry you or are difficult to manage. This includes any possible side effects not listed here or in the Patient Information Leaflet.

Driving or using machines for adults taking Elvanse

You may feel dizzy, have problems focusing or have blurred vision when taking Elvanse. If these happen it will be dangerous to do things such as drive or use machines. You should not drive until you know how the medicine affects you.

If your symptoms or medication affect your ability to drive safely, you must declare your diagnosis to the DVLA. More information can be found on this website:

www.gov.uk/report-driving-medical-condition

Tips for managing some of the side effects

If you have lost your appetite:

- Start the day with a filling breakfast
- Eat smaller meals more often throughout the day
- Try moving your evening meal to a later time when the effects of your medicine have worn off and you are more likely to have an appetite
- Try not to eat too many sugary snacks
- Consider speaking to your doctor for advice about your diet

If you are having trouble sleeping at night:

- Take Elvanse first thing in the morning before breakfast
- Avoid food and drinks containing caffeine (e.g. chocolate, cola, coffee or tea) at least 6 hours before bedtime
- Avoid alcohol
- Take plenty of exercise during the day so that you are more tired at bedtime and leave at least 2 hours between exercise and going to bed
- Make your bedroom quiet and dark so there is little to disturb you
- In bed, try not to watch TV or use your phone, tablet or computer, as these will stimulate your brain
- Try taking a bath before bedtime to help you relax and use soothing oils like lavender oil on your pillow case
- Make sure the temperature of your bedroom is not too warm (16–18°C is thought to be ideal)
- Try to have a regular routine by going to bed at around the same time each night and getting up at around the same time each morning

The Dos and Don'ts of taking Elvanse

Do*

- Tell your doctor about any medical issues you may have (especially if you any have heart, circulation, or mental health problems) and about all medicines and supplements you are taking, before starting Elvanse
- Take your medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure
- Take your medicine in the morning
- Report any side effects to your doctor
- Talk to a doctor or call an ambulance straight away if you take too much medicine
- Tell your doctor if you don't feel better after a month of treatment

Don't*

- Don't take a double dose to make up for a forgotten dose
- Don't give this medicine to anyone else, even if their symptoms seem similar
- Don't stop taking your medicine without first talking to your doctor
- Don't use this medicine if you are pregnant, planning to have a baby or breastfeeding, without first talking to your doctor
- Don't drive until you know how Elvanse affects you

Things to be aware of

Here are a few things you should be aware of before and while taking Elvanse:

- If you feel dizzy, have problems focusing or have blurred vision when taking your medicine, it will be dangerous to do things such as drive or use machinery
- If you feel like you need to take your medicine for reasons other than helping with your ADHD, you may not be using it properly. If this is the case, talk to your doctor straight away
- If you have ever abused prescription medicines, used street drugs or had a problem with alcohol, you should discuss this with your doctor before using Elvanse
- If you have to take a drug-use test, such as those used in sports, talk to your doctor before taking Elvanse. This is because this medicine may give a positive result

*Refer to the Patient Information Leaflet contained in the box with your medicine for further warnings, precautions, other important safety information and a full list of the medical issues your doctor needs to know about.

Further information

If you have any questions or queries about your medicine, speak to your doctor, pharmacist or nurse.

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