

Ritalin/Ritalin LA/ Concerta/Metadate /Focalin (Methylphenidate)

Parent Information Sheet

Why it is prescribed

Ritalin is most commonly prescribed for the treatment of Attention Deficit Hyperactivity Disorder (ADHD). A short attention span, impulsive behavior, and often hyperactivity characterize ADHD. Ritalin can be helpful in improving the child's concentration and attention span, but it does not necessarily improve behavior problems.

How to give Ritalin

- Ritalin is prescribed only for use by patient whose name appears on the prescription.
- Ritalin requires adult supervision at home and at school. Your child should not be expected to remember to take the medication on his/her own. Your school will require a form for school medication administration signed by the doctor.
- Give Ritalin exactly as your doctor has prescribed. Give Ritalin with meals. If the drug causes loss of appetite, take it after meals.
- Do not give Ritalin more often or in larger doses than your doctor has ordered. If you have any questions or concerns about the current medication, call your doctor's office.
- If the doctor has ordered sustained-release tablets, make sure they are swallowed whole, not broken, crushed, or chewed.
- If you miss a dose give the remaining doses for that day at regular times. Do not give a double dose.
- If you're using the regular tablets, give the last dose before 6 p.m. to reduce the risk of sleep disturbances, unless your child's doctor prescribes a later dose.

Side Effects

The most common: weight loss, loss of appetite, stomachache, headaches, sleeping problems, dizziness, hair loss, nosebleeds.

Serious: appearance of tics, skin rashes

Very rare: seizures

Call your doctor immediately about serious side effects.
(313) 832-1100 ext. 220

Procedure for getting a prescription

- Ritalin is classified a controlled substance.
- Prescriptions and refills cannot be phoned into a pharmacy.
- The prescription will expire within **5** days of prescription date.
- Prescriptions must be requested each month by the parent. When you have five days left of the medication please call the clinical services office at (313) 832-1100 ext. 220 for prescription refills.
- The prescription can be mailed or picked up by the family. The Detroit Institute for Children is not open on weekends or holidays. The clinical services office is open from 8 a.m. - 4:30 p.m.
- If you are overdue for a return appointment or have not kept a scheduled appointment, your child's doctor reserves the right not to prescribe the medication.

Your child's doctor is:

The phone number to the office is (313) 832-1100 ext. 220.

***Poison Control Center:
1-800-764-7661 (1-800-POISON-1)***

