

Any Additional Information:

Do you have any questions for your doctor, nurse or pharmacist? (Write them here)

Ritalin[®] tablets Methylphenidate

Information Leaflet for Patients

Patient Name: _____

Discussed with (Healthcare Professional): _____

This leaflet provides you with general information about methylphenidate tablets. It tells you why you are taking it (people take it for different reasons), how it should be taken and things to be aware of when taking it. You should also speak to your own doctor, nurse or pharmacist about this medicine.

What is this medicine used for?

Methylphenidate is used to increase energy levels. It can also improve the mood.

How should I take this medicine?

Instructions



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Information Service



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- You should always take your tablets as told by your doctor.
- You should take your tablets with a drink of water.
- You should take your tablets with food (if causing nausea).
- Your doctor may tell you to take methylphenidate two times each day. If so, one dose can be taken in the morning and the second dose in the middle of the day. Taking methylphenidate near bedtime may make you sleep less well.
- If you forget to take a dose, take the next dose at the usual time. Do NOT take a double dose.

Are there any side effects from taking Methylphenidate?

Yes, but only some patients suffer from side-effects.

- You may have nervousness and insomnia at the start of treatment. This can be helped by your doctor changing the dose.
- You may have nausea and vomiting when starting these tablets. This may be avoided by taking the tablets with food.
- You may notice you are eating less than normal.
- Other side-effects include headache, dizziness, an increase in blood pressure and heart rate, abdominal pain, dry mouth, rash, itch, fever or joint pain.

If you are worried about any side-effects, please speak to your doctor, nurse or pharmacist

Other warnings:

- When you first start to take methylphenidate you may feel slightly dizzy or sleepy. Until these effects wear off you should not drive or operate machinery.
- It is important to tell your pharmacist that you are taking methylphenidate when you buy any other medications.
- Keep tablets out of the reach of children.
- Methylphenidate tablets have been prescribed by your doctor for you. The tablets should not be taken by anyone else.
- If your treatment is stopped by your doctor, you should return your tablets to your pharmacy.

The information leaflet in the box of Ritalin[®] says it is used to treat behavioural disorders in children. Why am I taking it?

Sometimes doctors find that some medicines can also treat another symptom or illness. A doctor has recommended methylphenidate for you because there is information showing that the medicine is effective and safe for you.