

Kids First Pediatric Care
16301 FISHHAWK BLVD
LITHIA, FL 33547
813-681-3800

STIMULANT MEDICATION FACT SHEET

PRESCRIPTION POLICY AND CONSENT FORM

Stimulant medications are considered a very safe and effective way to treat ADD/ADHD. Methylphenidate - the original stimulant- has been prescribed for over 50 years. Stimulants have a relatively short half life: the effects last between a few hours to 12 hours depending on which preparation is used. The most common side effect is decreased appetite. Less common ones: stomach ache, headache, delay in falling asleep, irritability, behavior changes and mood changes. Many of these side effects are temporary and can be managed by adjusting the dose. On rare occasions stimulants may trigger or worsen tics- fortunately they usually disappear when the medication is discontinued. Concern about delayed growth has been raised but studies into adult life show no significant growth delay.

Some studies show that stimulants might increase the risk of irregular heart rate, increased blood pressure and possibly sudden death. These events are extremely rare [less than one in a million in the case of sudden death]. If your child has a heart condition or a serious heart condition exists in a close family member, please inform your doctor prior to starting the medication.

If your child is experiencing a suspected side effect, call your doctor or schedule an appointment to discuss. If you feel your child needs a medication adjustment or change, please make an appointment with your doctor. Remember that although stimulants are the most effective treatment of ADHD/ADD, other interventions such as counseling and behavior modification programs as well as special learning and teaching interventions can be beneficial.

Kids First Pediatric Care Policy on Stimulant Refills and Follow-up visits

- Stimulants are considered controlled substances; therefore refills cannot be called in to the pharmacy. Please call the office at least **72 hours** prior to needing a refill. Dr Richards will write a new prescription which you will need to pick up in the office.
- Follow-up appointments are important to monitor for maximum effectiveness and possible side effects. National Guidelines and Florida law require the following follow-up visits:
 - A follow-up within one month of starting medication/ adjustment of medication
 - Follow-up every 3 months
 - Random urine/ blood drug screen may be done to confirm patient is taking medication
- For established patients: regular (every 3 months) visits separate from the annual physical exam
- Prescription refills will NOT be given if more than 6 months has elapsed since the last Physical exam.
- When calling for a prescription you need to state the NAME, DOSAGE STRENGTH
- When picking up a prescription, you will need to show the bottle with the current dosage on it.

I have read the above policy and agree that my child «FirstName» «LastName» shall be treated with stimulant medication and understand the policy on refills and follow-up visits.

Parent Signature: _____ Date: _____
Witness: _____ Date : _____