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## Module 4: Stimulant Medications for ADHD - Choosing the Right Approach for Adults Part 2

### Quick Reference Guide

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Dr. Malzberg has no financial relationships with companies related to this material.

### Dosing Zones

#### Safe Zone:

- Within FDA approved limits
- Amphetamines: up to 40mg/day
- Methylphenidate: up to 60mg IR, 72mg ER

#### Gray Zone:

- Amphetamines: 40-60mg
- Higher doses for severe symptoms
- Requires clear documentation

#### Danger Zone:

- Beyond FDA guidelines
- Increased risk of complications
- Avoid unless absolutely necessary

### Common Side Effects Management

#### Insomnia:

- Adjust dosing schedule
- Take last dose by mid-afternoon
- Implement sleep hygiene

#### Appetite Suppression:

- Encourage high-calorie meals when medication wears off
- Monitor weight

Full Course Materials Audio and CME Post-Test  
[www.thecarlatreport.com/adhdcourse](http://www.thecarlatreport.com/adhdcourse)

- Consider timing of meals

### **Cardiovascular Effects:**

- BP increase: 2-4 mmHg
- HR increase: 5-10 bpm
- Monitor regularly
- 27% higher CVD risk after 3-5 years

### **Monitoring Protocol**

1. **Baseline Assessment:**
  - Blood pressure
  - Heart rate
  - Weight
  - Sleep patterns
2. **Regular Follow-up:**
  - Vital signs
  - Side effects
  - Symptom improvement
  - Medication adherence
3. **Risk Management:**
  - Consider cardiology referral for high-risk patients
  - Use lowest effective dose
  - Regular cardiovascular monitoring

### **Abuse Prevention Strategies**

1. **Use Extended Release:**
  - Harder to misuse
  - More stable coverage
  - Consider Vyvanse (prodrug)
2. **Close Monitoring:**
  - Smaller prescriptions
  - Frequent follow-ups
  - Possible pill counts/drug screens
3. **Education:**
  - Discuss risks
  - Legal consequences
  - Medical implications

### **PDMP Guidelines**

- Check before starting treatment
- Monitor regularly
- Watch for doctor shopping
- Verify prescription history
- Use for adherence monitoring

## Medication Holidays

### Benefits:

- Reduced side effects
- Less long-term exposure
- Break from medication

### Considerations:

- Symptoms don't stop on weekends
- May affect home life
- Individual response varies
- Regular assessment needed

### Red Flags for Misuse

- Urgent refill requests
- Lost/spilled medication claims
- Brand-specific requests
- Symptom exaggeration
- Resistance to evaluation
- Early refills

### Long-term Monitoring

1. **Regular Assessment:**
  - Symptom control
  - Side effects
  - Functional improvement
  - Comorbid conditions
2. **Dose Adjustments:**
  - Based on response
  - Side effect profile
  - Tolerance development
  - Life changes
3. **Documentation:**
  - Clear treatment plan
  - Response to therapy
  - Side effect management
  - Reason for changes