

GETTING IN TOUCH

With The Lighthouse Child Development Centre

National ADHD Supply Shortage of your prescribed medication FAQs ADHD shortage methylphenidate updated Dec 2023

Methylphenidate

Equasym® XL capsules Xaggitin XL®, Concerta XL®, Xenidate XL® prolonged-release tablets

This leaflet is aimed at people taking one of these medications for the treatment of Attention Deficit Hyperactivity Disorder (ADHD). **We recognise that this is a worrying situation, but a temporary pause in medication is not physically harmful.**

Why have I been sent this leaflet?

You have been sent this leaflet as we have identified you are taking one of these medications for the treatment of Attention Deficit Hyperactivity Disorder (ADHD).

Unfortunately, there are widespread national stock shortages with this medicine. Please be assured that healthcare professionals will be reviewing people for alternative therapy where needed.

Why are there drug shortages?

Shortages are due to manufacturing issues and an increased demand for these drugs internationally.

How long will the shortage last?

The shortage is currently expected to last until **April 2024**, however there is no definite date for when new supplies will become available, and we continue to monitor the situation carefully.

This is a national supply problem and all UK ADHD services (children's, children's and young people's mental health, adults), and pharmacies within the community and hospitals are affected.

The supply disruption of these products is caused by a combination of manufacturing issues and an increased global demand.

Your local pharmacy, GP practice, and ADHD services know how important your medication is to you. We are working hard to try to find supplies of these medicines and to minimise the impact on patients and carers.

What should I do during this time with my ADHD medication?

You should check the amount of medication you have available and inform your usual ADHD prescriber if you have less than 10 days treatment remaining. Your ADHD prescriber may offer the choice between taking a treatment break or a small change to the dose. In exceptional circumstances, they may suggest changing your medication to one that is not currently affected by the supply shortage.

A change in medication may mean you are taking medication more often throughout the day, or that you are prescribed tablets instead of capsules.

What should I do if I cannot get my ADHD prescription from the pharmacy?

If your usual pharmacy is unable to obtain supplies, please try a different pharmacy.

This website can help you find pharmacies in your local area: [Find a pharmacy - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Pharmacies may use different suppliers to source medicines so availability will depend on whether each pharmacy's suppliers have stock. Please try visiting independent pharmacies as well as the larger pharmacy chains, as their suppliers will differ.

Where there is a known shortage of a medicine, supply levels can change quickly. So, it may be best to leave the prescription (FP10) with a pharmacy that could check wholesaler stock levels daily and place an order.

If you have trouble sourcing supplies of your medication, your community pharmacy, GP practice and/or ADHD service may be limited in how they can help until stock levels return to normal.

If you have followed the advice in this leaflet and need more support, your healthcare team can help you manage any changes in symptoms.

If you usually get your ADHD medication on a repeat prescription, please contact your GP practice.

Please be patient with our staff if you contact us.

What if I'm unable to get my usual medication?

Although this may cause you worry, running out of these medications is not an emergency. If you have no medication left, your community pharmacy, GP practice and/or ADHD service may be limited in how they can help further until stock levels return to normal.

Check your supply of medication and order your next supply in plenty of time.

Before running low on your medications, please read the advice in this leaflet and consider how you can best manage your medicine.

Will my ADHD treatment need to change?

Your ADHD treatment may need to be changed because of the shortage; your ADHD specialist will advise how to do this safely.

Will I need a review for my ADHD?

The shortages may affect different products at different times. Your ADHD prescriber or specialist will let you know if you need a review because of a change to your current medication.

Will my ADHD treatment need to change?

Your ADHD treatment may need to be changed because of the shortage. This may be a different brand but in rare cases may be a different medication.

Is it safe to stop taking ADHD medication abruptly?

Yes, NICE guidelines already recommend having regular planned treatment breaks from ADHD medications. Many people taking stimulant medications (methylphenidate or lisdexamfetamine) often do not take medication at weekends or during holiday periods and safely stop and start their medication in this way.

While supplies are limited, it is recommended to take your medication on the days you need it most (for example on days when you are at work or have a significant event like an exam).

What do I do if I feel unwell?

If you feel unwell or unsafe, please seek care through your ADHD specialist or in primary care with your pharmacist, GP, NHS 111 online or by phone, or in an emergency 999.

Where can I get further information about this?

We do not have any further information about the shortage or return to stock dates at this time. Please bear this in mind before considering contacting your prescriber.

ADHD medication supply disruption: for the latest updates and information on the national supply shortage of medication prescribed to help manage ADHD symptoms, [visit the Mid and South Essex Integrated Care System website](#)

Local support

These links have information that might be useful in helping you manage your condition and any changes in symptoms because of medication shortages:

<https://eput.nhs.uk/the-lighthouse-resources-for-parents-and-carers/>

Printable Resources

<https://eput.nhs.uk/our-services/neurodevelopmental-service/>



- Speak to your pharmacist and GP if your child is taking medication for ADHD.
- Order your children's medication 2 weeks before they run out.
- If you have problems getting the medication, speak to other pharmacies in your area or contact Community Paediatrics booking team to discuss your concerns.

Please email us on epunft.lighthouse.prescriptions@nhs.net or call: **0344 257 3951**