

Elvanse Vuxen and You

Information for adults
with ADHD who have been
prescribed this treatment

❖ Stimulants including Elvanse Vuxen have a potential for abuse, misuse, or diversion that physicians should consider when prescribing this product.



Introduction



Your doctor has prescribed Elvanse Vuxen (lisdexamfetamin) for you.



This booklet tells you:

- What Elvanse Vuxen is
- How to take it
- What to expect when taking it
- How it could help control the symptoms of attention-deficit hyperactivity disorder (ADHD)



Always carefully read the patient information before use.

What is Elvanse Vuxen?

Elvanse Vuxen contains lisdexamfetamine which is a stimulant medicine used to treat the symptoms of ADHD in adults. This medicine should be used as part of an overall treatment programme for ADHD that may include counselling and behavioural therapies.

Why have you been prescribed Elvanse Vuxen?

ADHD is a neurological (or brain) condition that affects a person's ability to focus, pay attention and manage certain behaviours (such as feeling impulsive and/or hyperactive). ADHD can cause difficulties in many areas of everyday life including relationships, work, college, health and finances.

Your doctor has prescribed Elvanse Vuxen to help reduce the symptoms of ADHD:



Improve your attention, for example, increase your ability to focus on tasks



Help you concentrate and not be distracted by other things



Make you less impulsive by stopping to think before you act



How does Elvanse Vuxen work?

Research has shown that ADHD in adults may be associated with a number of different changes in the brain, such as difficulty in sending messages within the brain. Changes in the balance of activity across some brain networks may be the reason why adults with ADHD experience ongoing problems in everyday life, such as difficulty with inattention, motivation and controlling their behaviour.

Stimulant medications like Elvanse Vuxen can help to control the activity of certain parts of the brain and so help to improve attention and concentration and make you less impulsive.



What could taking Elvanse Vuxen mean for you?

Elvanse Vuxen is a long-acting medicine that works gradually over a 14-hour time period. This means that this medicine can help you carry out everyday tasks from morning, throughout the day, and into the evening.

Elvanse Vuxen can provide up to 14 hours of ADHD symptom control

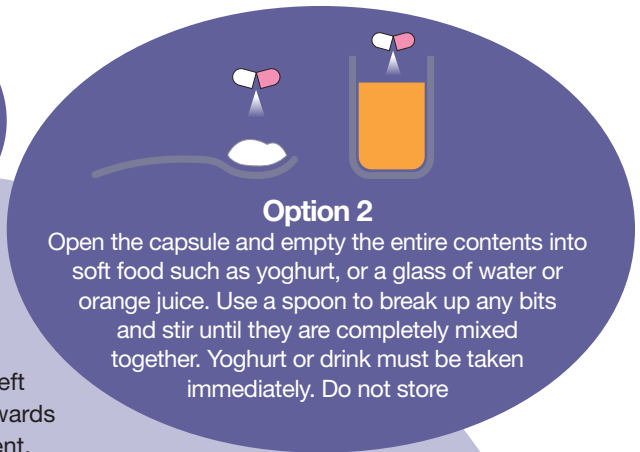
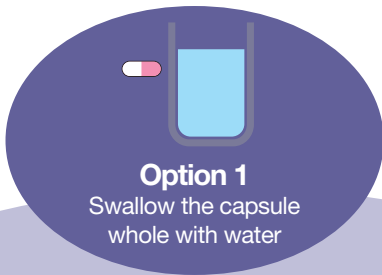


How should you take Elvanse Vuxen?

Your doctor will tell you what strength of capsule to take (30 mg, 50 mg or 70 mg capsule) each day. The recommended dose at the start of treatment is 30 mg. Later on, your doctor may increase this to 50 mg or 70 mg. The maximum dose each day is 70 mg.

Make sure you always take your medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are unsure.

- Take the capsule with or without food
- Take your medicine in the morning before breakfast
- Do not split the dose of a capsule; take the entire contents of the capsule. Do not take anything less than one capsule per day



Do not worry if there is a film left in the glass or container afterwards – this is not the active ingredient.

If you forget to take your medicine, wait until the next day and continue as normal. Speak to your doctor or pharmacist if you are unsure.

If you take too much medicine, talk to a doctor or call an ambulance straight away. Tell them how much you have taken.

This medicine should not be given to anyone else, even if they have similar symptoms to you.

What should you expect?

Your doctor may increase the dose of your medicine over the first few weeks, until the right dose is found. You must talk to a doctor if you do not feel better or if you feel worse after one month of treatment. It is important that you take your medicine properly and do not stop taking your medicine without first talking to your doctor.

Side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Your doctor will talk to you about these side effects.

Some side effects could be serious. The full list of serious side effects can be found in the Patient Information Leaflet supplied with your medicine. If you get any of these side effects, see a doctor straight away.

Common serious side effects (may affect up to 1 in 10 adults) are an uneven heartbeat (palpitations) and chest pain (may be a sign of heart problems).

The very common side effects that are seen in more than 1 in 10 people are decreased appetite, being unable to sleep, headache and dry mouth. The full list of side effects can be found in the Patient Information Leaflet supplied with your medicine.

Tell your doctor if any side effects worry you or are difficult to manage. This includes any possible side effects not listed here or in the Patient Information Leaflet.

Driving or using machines

You may feel dizzy, have problems focusing or have blurred vision when taking Elvanse Vuxen. If these happen it will be dangerous to do things such as drive or use machines. You should not drive until you know how the medicine affects you.

Pregnancy

If you are pregnant, think you may be pregnant, or are planning to have a baby, ask your doctor for advice before taking this medicine.



Tips for managing some of the side effects

If you have lost your appetite:

- Start the day with a filling breakfast
- Eat smaller meals more often throughout the day
- Try moving your evening meal to a later time when the effects of your medicine have worn off and you are more likely to have an appetite
- Try not to eat too many sugary snacks
- Consider speaking to your doctor for advice about your diet



If you are having trouble sleeping at night:

- Take Elvanse Vuxen first thing in the morning before breakfast
- Avoid food and drinks containing caffeine (e.g. chocolate, cola, coffee or tea) at least 6 hours before bedtime
- Avoid alcohol
- Take plenty of exercise during the day so that you are more tired at bedtime and leave at least 2 hours between exercise and going to bed
- Make your bedroom quiet and dark so there is little to disturb you
- In bed, try not to watch TV or use your phone, tablet or computer, as these will stimulate your brain
- Try taking a bath before bedtime to help you relax and use soothing oils like lavender oil on your pillow case
- Make sure the temperature of your bedroom is not too warm (16–18°C is thought to be ideal)
- Try to have a regular routine by going to bed at around the same time each night and getting up at around the same time each morning

The **Dos** and **Don'ts** of taking Elvanse Vuxen

Do

- Tell your doctor about any medical issues you may have and about all medicines and supplements you are taking, before starting Elvanse Vuxen
- Take your medicine exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure
- Take your medicine in the morning
- Report any side effects to your doctor
- Talk to a doctor or call an ambulance straight away if you take too much medicine
- Tell your doctor if you don't feel better after a month of treatment

Refer to the Patient Information Leaflet contained in the box with your medicine for further warnings, precautions, other important safety information and a full list of the medical issues your doctor needs to know about.

Don't

- Don't take Elvanse Vuxen if you are allergic to lisdexamfetamine (the active ingredient) or any of the excipients
- Don't take Elvanse Vuxen if you are taking a medicine called a 'monoamine oxidase inhibitor' (MAOI) used for depression. If you are unsure, check with your doctor
- Don't take a double dose to make up for a forgotten dose
- Don't give this medicine to anyone else, even if their symptoms seem similar
- Don't stop taking your medicine without first talking to your doctor
- Don't use this medicine if you are pregnant, planning to have a baby or breastfeeding, without first talking to your doctor
- Don't drive until you know how Elvanse Vuxen affects you

Things to be aware of

Here are a few things you should be aware of before and while taking Elvanse Vuxen:

- If you feel dizzy, have problems focusing or have blurred vision when taking your medicine, it will be dangerous to do things such as drive or use machinery
- If you feel like you need to take your medicine for reasons other than helping with your ADHD, you may not be using it properly. If this is the case, talk to your doctor straight away
- If you have ever abused prescription medicines or had a problem with street drugs or alcohol, you should discuss this with your doctor before using Elvanse Vuxen
- If you have to take a drug-use test, such as those used in sports, talk to your doctor before taking Elvanse Vuxen. This is because this medicine may give a positive result

Further information

If you have any questions or queries about your medicine, speak to your doctor or pharmacist.

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