

Adult ADHD

Follow-Up Discussion Guide

To help facilitate the conversation about your ADHD symptoms with the doctor at your next appointment

Before your next doctor's appointment, you can use this guide to mark any ADHD symptoms you have been experiencing often since the last time you spoke to your doctor. Discuss these symptoms with your doctor, and explain how they've been impacting you.

This guide is derived from American Psychiatric Association diagnostic criteria to help you and your healthcare provider find out if Attention-Deficit/Hyperactivity Disorder (ADHD) symptoms may be present in your life, when, and where.

Note: This guide is not a diagnostic tool. Having some of the symptoms listed below does not necessarily mean you have ADHD. Only a healthcare professional can diagnose ADHD.

Before your next visit, consider the following question: How long has it been since you last talked to your doctor about your ADHD symptoms?

Have you often experienced any of the following symptoms of inattention?



Home



Work



Social

1. Careless mistakes/lack of attention to details

Have you overlooked or missed details? Turned in inaccurate work?

2. Lack of sustained attention

Have you had difficulty staying focused during classes or meetings, conversations, or lengthy readings?

3. Poor listening

Has your mind seemed elsewhere, even when there isn't an obvious distraction?

4. Not following through on tasks

Have you started tasks but quickly lost focus? Have you gotten easily sidetracked?

5. Poor organization

Are you messy or disorganized? Have you had poor time management skills? Have you missed deadlines?

6. Avoids tasks requiring sustained mental effort

Have you avoided preparing reports, completing forms, or reviewing lengthy papers?

7. Losing things necessary for tasks

Have things like your wallet, keys, paperwork, eyeglasses, or phone gone missing?

8. Easily distracted by extraneous stimuli or unrelated thoughts

Has your mind wandered a lot?

9. Forgetful in daily activities

Have you forgotten to return calls, pay bills, or keep appointments?

Adult ADHD

Follow-Up Discussion Guide, continued

Have you often experienced any of the following symptoms of hyperactivity/impulsivity?



Home



Work



Social

1. Fidgeting

Have you tapped your hands, feet, or squirmed in your seat?

2. Leaving seat when you're expected to stay seated

Have you had trouble staying seated at work or in other situations that require remaining seated?

3. Excessive running/climbing, or feeling restless

Have you often felt on edge?

4. Difficulty with quiet activities

Has it been hard for you to get through presentations or movies?

5. "On the go"

Have you felt uncomfortable being still for extended periods of time?
Do others find it difficult to keep up with you?

6. Talking excessively

Have you ignored or missed social cues in the process?

7. Blurting out answers

Have you completed other people's sentences and interrupted in conversations?

8. Inability to wait your turn

Have you had trouble waiting in line?

9. Intrusive

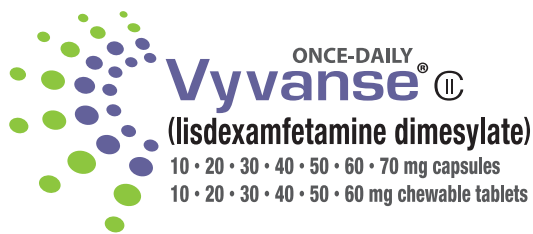
Have you butted into conversations or activities? Used other people's things without asking? Taken over what others are doing?

Remember to discuss your ADHD symptoms with your doctor on a regular basis. You may want to hang on to this PDF as it can be reused for future discussions! Keeping a record of your ADHD symptoms may help inform your doctor about your ADHD journey.

Learn about a treatment option for adults with ADHD on the following pages and discuss with your doctor.

What is Vyvanse?

Vyvanse (lisdexamfetamine dimesylate) is a prescription medicine used for the treatment of Attention-Deficit/Hyperactivity Disorder (ADHD) in patients 6 years and above. Vyvanse is not for weight loss. It is not known if Vyvanse is safe and effective for the treatment of obesity.



IMPORTANT SAFETY INFORMATION

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others and is against the law.

[SAFETY INFORMATION CONTINUED BELOW](#)

Have questions for your doctor about Vyvanse?

Now that your doctor has prescribed Vyvanse to help treat your ADHD, you may have some questions. Consider asking your doctor the following questions and any others you may have at your next appointment.

- Will my dosage of Vyvanse need to be changed by you over time?
- What important safety information should I know about Vyvanse?
- Do I need to take Vyvanse every day?
- Are there other ways to help manage my ADHD symptoms in addition to taking a prescribed ADHD medication, like Vyvanse?
- What are common side effects of Vyvanse?

Your doctor may sometimes stop Vyvanse treatment for a while to check your ADHD symptoms. Drug treatment may not be appropriate for all patients with ADHD.

IMPORTANT SAFETY INFORMATION FOR VYVANSE (continued)

Vyvanse is a stimulant medicine. Tell the doctor if you or your child have ever abused or been dependent on alcohol, prescription medicines, or street drugs.

Who should not take Vyvanse?

Do not take Vyvanse if you or your child are:

- taking or have taken an anti-depression medicine called a monoamine oxidase inhibitor (MAOI) within the past 14 days.
- sensitive or allergic to, or had a reaction to other stimulant medicines.

Serious problems can occur while taking Vyvanse. Tell the doctor:

- if you or your child have heart problems, heart defects, high blood pressure, or a family history of these problems. Sudden death has occurred in people with heart problems or defects taking stimulant medicines. Sudden death, stroke and heart attack have happened in adults taking stimulant medicines. Your doctor should check you or your child carefully for heart problems before starting Vyvanse. Since increases in blood pressure and heart rate may occur, the doctor should regularly check these during treatment. **Call the doctor right away if you or your child have any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.**

Please see additional safety information on next page and accompanying Medication Guide, and discuss with your doctor.

IMPORTANT SAFETY INFORMATION FOR VYVANSE (continued)

- if you or your child have mental (psychiatric) problems, or a family history of suicide, bipolar illness, or depression. New or worse behavior and thought problems or new or worse bipolar illness may occur. New psychotic symptoms (such as seeing or hearing things that are not real, believing things that are not true, being suspicious) or new manic symptoms may occur. **Call the doctor right away if there are any new or worsening mental symptoms or problems during treatment.**
- if you or your child have circulation problems in fingers and toes (peripheral vasculopathy, including Raynaud's phenomenon). Fingers or toes may feel numb, cool, painful, sensitive to temperature and/or change color from pale, to blue, to red. **Call the doctor right away if any signs of unexplained wounds appear on fingers or toes while taking Vyvanse.**
- if your child is having slowing of growth (height or weight). The doctor should check your child's height and weight often while on Vyvanse, and may stop treatment if a problem is found.
- if you or your child have symptoms of serotonin syndrome: agitation, hallucinations, coma, or changes in mental status; problems controlling movements or muscle twitching, stiffness, or tightness; fast heartbeat; sweating or fever; nausea, vomiting or diarrhea. Call your doctor or go to the emergency room if symptoms occur. Serotonin syndrome may occur if Vyvanse is taken with certain medicines and may be life-threatening.
- if you or your child are pregnant or plan to become pregnant. It is not known if Vyvanse may harm your unborn baby.
- if you or your child are breastfeeding or plan to breastfeed. Do not breastfeed while taking Vyvanse. Talk to your doctor about the best way to feed your baby if you take Vyvanse.

What are possible side effects of Vyvanse?

The most common side effects of Vyvanse in ADHD include:

- anxiety
- decreased appetite
- diarrhea
- dizziness
- dry mouth
- irritability
- loss of appetite
- nausea
- trouble sleeping
- upper stomach pain
- vomiting
- weight loss

For additional safety information, including **Boxed WARNING** regarding Potential for Abuse and Dependence, click here for [Medication Guide](#) and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.



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MEDICATION GUIDE

VYVANSE® [Vi' - vans] (lisdexamfetamine dimesylate) CII Capsules and Chewable Tablets

What is the most important information I should know about VYVANSE?

VYVANSE is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep VYVANSE in a safe place to prevent misuse and abuse. Selling or giving away VYVANSE may harm others, and is against the law.

Tell your doctor if you have ever abused or been dependent on alcohol, prescription medicines or street drugs.

VYVANSE is a stimulant medicine. Some people have had the following problems when taking stimulant medicines such as VYVANSE:

1. Heart-related problems including:

- sudden death in people who have heart problems or heart defects
- sudden death, stroke and heart attack in adults
- increased blood pressure and heart rate

Tell your doctor if you have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you carefully for heart problems before starting VYVANSE.

Your doctor should check your blood pressure and heart rate regularly during treatment with VYVANSE.

Call your doctor right away if you have any signs of heart problems such as chest pain, shortness of breath, or fainting while taking VYVANSE.

2. Mental (psychiatric) problems including:

In Children, Teenagers, and Adults:

- new or worse behavior and thought problems
- new or worse bipolar illness

In Children and Teenagers

- new psychotic symptoms such as:
 - hearing voices
 - believing things that are not true
 - being suspicious
- new manic symptoms

Tell your doctor about any mental problems you have, or if you have a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you have any new or worsening mental symptoms or problems while taking VYVANSE, especially:

- seeing or hearing things that are not real
- believing things that are not real
- being suspicious

3. Circulation problems in fingers and toes [Peripheral vasculopathy, including Raynaud's phenomenon]:

- Fingers or toes may feel numb, cool, painful
- Fingers or toes may change color from pale, to blue, to red

Tell your doctor if you have numbness, pain, skin color change, or sensitivity to temperature in your fingers or toes.

Call your doctor right away if you have any signs of unexplained wounds appearing on fingers or toes while taking VYVANSE.

What Is VYVANSE?

VYVANSE is a central nervous system stimulant prescription medicine used to treat:

- Attention-Deficit/Hyperactivity Disorder (ADHD). VYVANSE may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.
- Binge Eating Disorder (BED). VYVANSE may help reduce the number of binge eating days in patients with BED.

VYVANSE is not for weight loss. It is not known if VYVANSE is safe and effective for the treatment of obesity.

It is not known if VYVANSE is safe and effective in children with ADHD under 6 years of age or in patients with BED under 18 years of age.

Do not take VYVANSE if you:

- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI.
- are sensitive to, allergic to, or had a reaction to other stimulant medicines.

Before you take VYVANSE, tell your doctor if you have or if there is a family history of:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- circulation problems in fingers and toes

Tell your doctor if:

- you have any kidney problems. Your doctor may lower your dose.
- you are pregnant or plan to become pregnant. It is not known if VYVANSE may harm your unborn baby.
- you are breastfeeding or plan to breastfeed. VYVANSE can pass into your milk. Do not breastfeed while taking VYVANSE. Talk to your doctor about the best way to feed your baby if you take VYVANSE.

Tell your doctor about all of the medicines that you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

VYVANSE can affect the way other medicines work, and other medicines may affect how VYVANSE works. Using VYVANSE with other medicines can cause serious side effects.

Especially tell your doctor if you take anti-depression medicines including MAOIs.

Ask your doctor or pharmacist for a list of these medicines if you are not sure.

Know the medicines that you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

Do not start any new medicine while taking VYVANSE without talking to your doctor first.

How should I take VYVANSE?

- Take VYVANSE exactly as your doctor tells you to take it.
- Your doctor may change your dose until it is right for you.
- Take VYVANSE 1 time each day in the morning.
- VYVANSE can be taken with or without food.
- VYVANSE comes in capsules or chewable tablets.
- **Capsules:**
 - VYVANSE capsules may be swallowed whole.
 - If you have trouble swallowing capsules, open your VYVANSE capsule and pour all the powder into yogurt, water, or orange juice.
 - Use all of the VYVANSE powder from the capsule so you get all of the medicine.
 - Using a spoon, break apart any powder that is stuck together. Stir the VYVANSE powder and yogurt, water or orange juice until they are completely mixed together.
 - Eat all the yogurt or drink all the water or orange juice right away after it has been mixed with VYVANSE. Do not store the yogurt, water, or orange juice after it has been mixed with VYVANSE. It is normal to see a filmy coating on the inside of your glass or container after you eat or drink all the VYVANSE.
- **Chewable Tablets:**
 - VYVANSE chewable tablets must be completely chewed before swallowing.
 - Your doctor may sometimes stop VYVANSE treatment for a while to check your ADHD or your BED symptoms.
 - Your doctor may do regular checks of your heart, and blood pressure while taking VYVANSE.
 - Children should have their height and weight checked often while taking VYVANSE. VYVANSE treatment may be stopped if a problem is found during these check-ups.

If you take too much VYVANSE, call your doctor or poison control center (1-800-222-1222) right away, or get to the nearest hospital emergency room.

What should I avoid while taking VYVANSE?

Do not drive, operate machinery, or do other dangerous activities until you know how VYVANSE affects you.

What are possible side effects of VYVANSE?

VYVANSE may cause serious side effects, including:

- See “**What is the most important information I should know about VYVANSE?**”
- slowing of growth (height and weight) in children

The most common side effects of VYVANSE in ADHD include:

- | | |
|----------------------|----------------------|
| ○ anxiety | ○ loss of appetite |
| ○ decreased appetite | ○ nausea |
| ○ diarrhea | ○ trouble sleeping |
| ○ dizziness | ○ upper stomach pain |
| ○ dry mouth | ○ vomiting |
| ○ irritability | ○ weight loss |

The most common side effects of VYVANSE in BED include:

- | | |
|------------------------|-------------------|
| ○ dry mouth | ○ constipation |
| ○ trouble sleeping | ○ feeling jittery |
| ○ decreased appetite | ○ anxiety |
| ○ increased heart rate | |

Talk to your doctor if you have any side effects that bother you or do not go away.

These are not all the possible side effects of VYVANSE. For more information ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store VYVANSE?

- Store VYVANSE at room temperature, 68°F to 77°F (20°C to 25°C).
- Protect VYVANSE from light.
- Store VYVANSE in a safe place, like a locked cabinet.
- Do not throw away unused VYVANSE in your household trash as it may harm other people or animals. Ask your doctor or pharmacist about a medicine take-back program in your community.

Keep VYVANSE and all medicines out of the reach of children.

General information about the safe and effective use of VYVANSE.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use VYVANSE for a condition for which it was not prescribed. Do not give VYVANSE to other people, even if they have the same symptoms that you have. It may harm them and it is against the law. If you would like more information, talk with your doctor. You can ask your pharmacist or healthcare provider for information about VYVANSE that is written for health professionals.

What are the ingredients in VYVANSE?

Active Ingredient: lisdexamfetamine dimesylate

Capsule Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells (imprinted with S489) contain gelatin, titanium dioxide, and one or more of the following: FD&C Red #3, FD&C Yellow #6, FD&C Blue #1, Black Iron Oxide, and Yellow Iron Oxide.

Chewable Tablet Inactive Ingredients: colloidal silicon dioxide, croscarmellose sodium, guar gum, magnesium stearate, mannitol, microcrystalline cellulose, sucralose, artificial strawberry flavor.

Manufactured for: Shire US Inc., 300 Shire Way, Lexington, MA 02421.

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For more information, go to www.vyvanse.com or call 1-800-828-2088.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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