

## Vyvanse ( Lisdexamfetamine ) Medication

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- **'Stimulant' medication** because it **stimulates dopamine** in the frontal brain ( the control centre).
- **Stimulants are the most effective medication for ADHD.** which is why we are trying this first. It's been used since the 1940's.
- It is likely the most well-researched medication you'd probably ever take in entire your life( to establish safety in kids).
- The other stimulant, methylphenidate (Ritalin) can be tried if this one doesn't suit you.
- **Lisdexamfetamine is the Long-acting form** of Dexamfetamine medication.
- **ONE CAPSULE A DAY : THE MOST CONVENIENT** : just a SINGLE dose in the morning, it starts to work within 45 min, and the benefit will continue, on average, 6-12 hours.
- **THE EFFECT ONLY LASTS UNTIL THE END ... UNTIL YOU TAKE THE NEXT DOSE. THEREFORE ANY BENEFIT/SIDE-EFFECTS WILL END BY THE END OF THE DOSE/DAY.**
- **It comes in 6 different dose strengths** : **20mg, 30mg, 40mg, 50mg, 60mg, 70mg.**
- **!!! "At the start, as the medication is new to you we don't know what dose of Vyvanse will be MOST helpful for you. This dose , which is the 'sweet spot' , is your 'Goldilocks Dose' which is a term we'll be using a lot in your treatment pathway" !!!**

- **THEREFORE we'll start with the lowest dose possible and work through :**
- \* TRY EVERY DOSE \*..... \*IN ORDER \*.....\* UNTIL GOLDILOCKS DOSE \*
- START** at 10mg first for a couple of days just to test for side- effects, and if that's ok ...Now, go ahead and try the 20mg dose for a few more days, and if that's ok and minimal side-effects...Now, go ahead and try the 30mg dose for a few more days ...**And So On...**
- **On average** , most people find their Goldilocks is somewhere between between 30 to 70mg.
- **The process is like trying to find a radio station for the first time, slowly tuning in to get the best signal** . As long as each dose is better than the last, we keep try the next dose up.
- **Stay on each dose for a reasonable number of days**, to ensure a confident assessment, if there's minimal/no side effects and the effect is even better than the last dose, try the next dose up until you reach a dose where the higher dose makes no difference ( so may as well just use the lower dose) , or the higher dose feels a bit too strong meaning (1) side-effects appear/persist , or (2) your ADHD symptoms regresses during the dose( eg increased hyperfocusing).. more on this later...
- **Therefore, using this principle, the Goldilocks Dose( your best dose) , is *the dose one BELOW* the dose that's a BIT TOO STRONG. .**
- **The aim is to reach a single dose of Vyvanse that is sufficient in both benefit and duration for your daily needs.** If at the Goldilocks dose, the duration is not long enough for your needs, we can discuss adding a short-acting tablet which only lasts 2-3 hours( Dexamfetamine 5mg) as a 'chaser top-up dose' ( we'll discuss this at the next stage of your treatment pathway).

## **VYVANSE : TECHNIQUE FOR MAKING UP THE DIFFERENT DOSES**

**You have been supplied with Vyvanse 50mg Dose.**

**There are 30 small capsules in the bottle.**

**Count 10 capsules and put them aside - I suggest wrapping tightly in cling wrap and place back in the same container.**

**Important: We need these 10 capsules in a few weeks.**

**You now have 20 capsules for the trial.**

## **TECHNIQUE**

Get a container with 100ml markings ( water bottle/jug/ any container with even flat base and straight sides )

- (1) **Fill to 500ml** with water (cold or room temperature, not hot).
- (2) **Take one capsule**, and over the mouth of the container in case it spills , pull capsule apart and shake the powder into the water, check both halves are fully emptied..
- (3) **Stir well** with a spoon ( if from the night before, stir well before drinking). Vyvanse dissolves completely( some non-active filler may not dissolve).

**Therefore because we have 50mg of Vyvanse dissolved in 500ml of water, each 100ml = 10mg dose.**

### **THEREFORE :**

**10mg Dose** = Drink 100ml only, in one go - TAKE 1 - 2 DAYS

**20mg** = Drink 200ml- TAKE 2-4 DAYS

**30mg** = Drink 300ml- TAKE AT LEAST 5 DAYS

**40mg** = Drink 400ml- TAKE AT LEAST 5 DAYS

**50mg** = Just swallow ONE whole unopened capsule.

( If more convenient, make up the night before, though ensure its kept safely in the fridge !!)

I recommend : **MAKE A NEW BATCH, FOR EVERY DOSE**

**DRINK AMOUNT REQUIRED AND DISCARD THE REMAINDER.**

Until the next review, you can try up to 50mg( as long as 50mg dose is better than 40mg).

- Try and take the same dose for at least 3-5 days ( I suggest slowing down by spending longer if you feel you're close to your Goldilocks dose, just like tuning into a radio station) to get a good idea of what each dose is like before moving on.

**\* THE KEY \* , EVENTUALLY, IS TO WORK OUT THE BEST TIME THAT WORKS FOR YOU TO TAKE YOUR MEDICATION TO ENSURE THE BENEFITS LASTS AS LONG AS POSSIBLE ESPECIALLY IN THE AFTERNOONS AND EARLY EVENING - USUALLY THIS MEANS TAKING THE MEDICATION \*BEFORE \* YOUR OWN BRAIN DOPAMINE DROPS OFF !( OR IN THE CASE OF SHORT-ACTING, BEFORE YOUR LAST DOSE COMPLETELY WEARS OFF).**

BREAKFAST: YOU CAN DECIDE IF YOU TAKE BEFORE, WITH OR AFTER. EXPERIMENT TO SEE IF MAKES A DIFFERENCE.

CAFFEINE, NICOTINE AND VIT C: AVOID INITIALLY ( OR AT LEAST DELAY). THEN EXPERIMENT TO SEE IF IT MAKES A DIFFERENCE.

ALCOHOL. AVOID INITIALLY. THEN EXPERIMENT WITH SOMEONE AROUND TO SEE IF IT MAKES A DIFFERENCE( COMMONLY NOT).

- There is **no withdrawal** if you miss taking a dose, like wearing glasses, **you don't have to all the time** , i.e **you decide** whether you want to/need to . **School kids stop-and-start their medication every weekend!**
- Therefore, **you can have 'breaks'** ( i.e medication-free days) anytime such as you decide to slow/stop when you experience side-effects , or to help you see if the medication is making difference (on vs off days)..
- You can also **switch up/down** one dose to another on separate days if you're not sure if the higher or lower dose is better ( like fine-tuning a radio).

