

## Handy fact sheet

### Avoiding problems with the many UK methylphenidate products

What the problem is:	Why it is important to you:	What you can do to help yourself:
<ul style="list-style-type: none"> <li>There are 3 different types of methylphenidate once-a-day modified release tablets/capsules</li> <li>Switching between these 3 different types should not be done without you knowing and agreeing</li> <li>These are also several of Type 1 (e.g. Concerta<sup>®</sup>) but these may not be exactly the same as each other</li> </ul>	<ul style="list-style-type: none"> <li>Switching products or Type could unsettle you</li> <li>It could affect your sleep and how well you can do during the day</li> </ul>	<ul style="list-style-type: none"> <li>Make sure you get the same product each time (unless you know and agree)</li> <li>Always take your last box with you each time to check you get the same type</li> <li>Insist on the prescription having the trade name on it to make sure you get the same one again</li> </ul>

#### What is the problem is with methylphenidate?

- The effect of methylphenidate needs to vary over the day to match your needs and symptoms
- People usually need a boost early in the day, enough to carry on working in the afternoon, and tail off in the evening so you can sleep
- You can do this by taking plain tablets 2-3 times a day, but this is hard for anyone to remember to do, even more so if they have ADHD
- To help this there are a range of once-a-day (modified or prolonged release e.g. XL, PR, SR, MR) tablets and capsules made to give different releases of methylphenidate across the day.

There are three main types (see also table below):

- Types I – an early boost and a second bigger one
- Type II – more evenly spread through the day
- Type III – a big boost early and less later on

There are also several Type I products (the closest to taking a plain tablet twice a day) that may not be *exactly* the same as each other for you. Not by much but it could well be enough to unsettle you.

#### Why is this important for me?

Switching can lead to different methylphenidate release which, in turn, can unsettle you, such as:

- Sleep – too little or too much methylphenidate at bedtime can affect sleep
- How well you function during the day

- If you switch products and your symptoms are not as well controlled, then this could be the reason.

Prescribers are told to be clear which product they want. The BNF (British National Formulary) states that: *"Different versions of modified-release preparations may not have the same clinical effect. To avoid confusion between these different formulations of methylphenidate, prescribers should specify the brand to be dispensed."*

#### How can I get the best from methylphenidate?

- Switching between Types I, II and III should only be done on purpose, not by accident
- Switching between different Type I products might not be as easy as it ought to be
- Always take your box or bottle with you when you get a new prescription to check that you've got the same product. You could even show the box when you take in the prescription
- Make sure your prescriber states the exact trade name of the product on your prescription
- Don't switch products without some support – you will probably be able to switch with no problems, but there's a chance you might not
- Take this leaflet with you to help explain the problem if you need to.

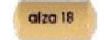
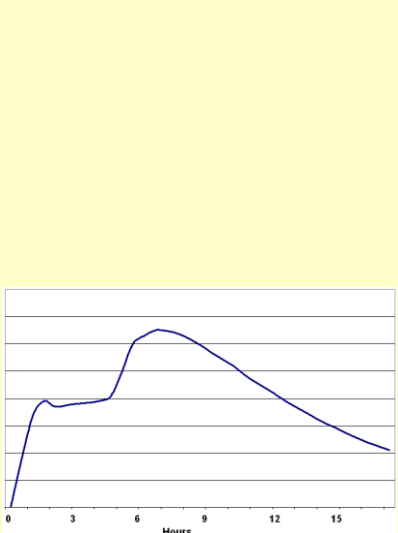
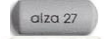
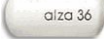


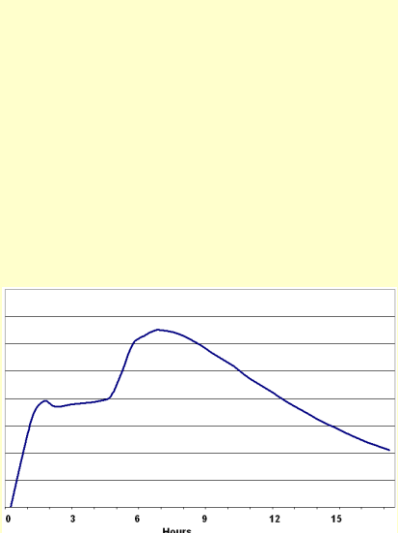




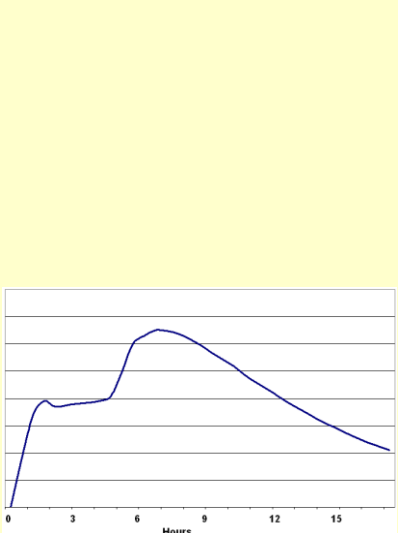



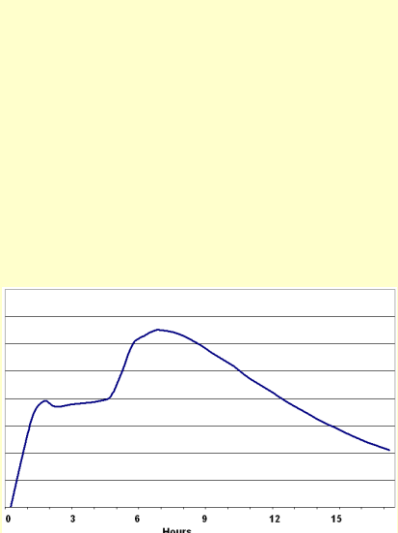

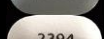

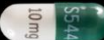
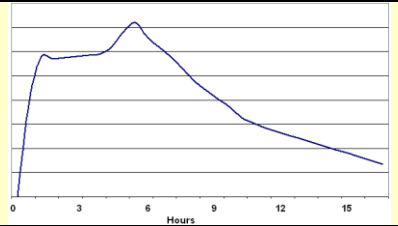

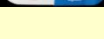
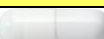
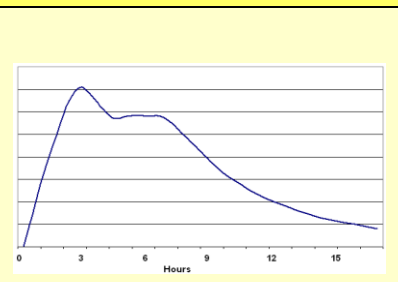






If a pharmacist gets a prescription that just says "methylphenidate modified release" they can quite correctly give you any of the eight or so products available.

Type	Release of the methylphenidate	Trade names	How it is made
1	Two peaks, second much higher, effect lasts about 18hrs (22-25% quick release, 75-78% slower)	Concerta XL <sup>®</sup>	OROS <sup>®</sup> 3-compartment
		Matoride XL <sup>®</sup> , Xaggitin XL <sup>®*</sup> , Delmosart XL <sup>®*</sup>	OROS <sup>®</sup> 2-compartment
		Tranquilyn <sup>®</sup> Xenidate XL <sup>®</sup>	Beaded wax pellets
2	More even throughout day, initial peak lower than second peak (30% quick release, 70% slower)	Equasym XL <sup>®</sup>	Beaded wax pellets (two sizes)
3	Higher and quicker first peak, lower second peak (50% quick release, 50% slower)	Medikinet XL <sup>®</sup>	Beaded wax pellets (two sizes)

NB Xaggitin<sup>®</sup> and Delmosart<sup>®</sup> are the same tablets but with different names and in different packages.

OROS (Osmotic-controlled Release Oral delivery System) has an outer quick release coat and an inner piston slower release.

## A comparison of methylphenidate products to help ADHD

Product	Strengths, size and what they look like	Release of methylphenidate		How much there is in your blood in the 18 hours after you have taken a dose	Practical information	
		0-4hrs	Later			
<b>Type 1</b>						
<b>Concerta XL<sup>®</sup></b> (3 chamber OROS capsule)	18mg		22%	78%		<ul style="list-style-type: none"> <li>• Take before, with or after breakfast</li> <li>• Swallow whole - do not chew or try to break in half.</li> </ul>
	27mg					
	36mg					
	54mg					
<b>Xenidate XL<sup>®</sup></b> (wax pellet tablets)	18mg		22%	78%		<ul style="list-style-type: none"> <li>• Take <b>with or after</b> food</li> <li>• Swallow whole</li> <li>• Can be halved.</li> </ul>
	27mg					
	36mg					
	54mg					
<b>Matoride XL<sup>®</sup></b> (2 chamber OROS tablet)	18mg		22%	78%		<ul style="list-style-type: none"> <li>• Take <b>before, with or after breakfast</b></li> <li>• Swallow whole - do not chew.</li> </ul>
	36mg					
	54mg					
<b>Delmosart<sup>®</sup> Xaggitin<sup>®</sup></b>	18mg		25%	75%		<ul style="list-style-type: none"> <li>• Take <b>before, with or after breakfast</b></li> <li>• Swallow whole - do not chew, break, divide or crush.</li> </ul>
	27mg					
	36mg					
	54mg					
<b>Type 2</b>						
<b>Equasym XL<sup>®</sup></b> (wax pellets in a capsule)	10mg		30%	70%		<ul style="list-style-type: none"> <li>• Take <b>before</b> breakfast</li> <li>• Swallow whole, or sprinkle contents onto apple sauce and swallow straight away.</li> </ul>
	20mg					
	30mg					
<b>Type 3</b>						
<b>Medikinet XL<sup>®</sup></b> (wax pellets in a capsule)	5mg		50%	50%		<ul style="list-style-type: none"> <li>• Take <b>with or after</b> breakfast</li> <li>• Swallow whole, or open and sprinkle onto apple sauce and swallow straight away</li> <li>• Do not chew or crush.</li> </ul>
	10mg					
	20mg					
	30mg					
	40mg					
	50mg					
	60mg					
<p><i>Talk to your prescriber if you switch from one Type to another and your symptoms aren't as well controlled. This can happen when switching between Types 1, 2 and 3; and also between the tablets in Type 1.</i></p>						

N.B. We have been unable to find out what Tranquilyn's release is.

**The small print:** This short leaflet is to help you understand more about switching methylphenidate products.

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