

Ritalin[®] 10
(methlyphenidate)

Immediate-release tablets: 10mg

Once-daily

Ritalin[®] LA
(methlyphenidate)

Modified-release capsules: 10, 20, 30, 40, 60mg

Answers to common questions on your treatment with

Ritalin 10 or Ritalin LA

For patients who are in transition from Ritalin 10 to Ritalin LA or are taking both products.

What is in this booklet?

This booklet answers some common questions about Ritalin 10 tablets and Ritalin LA (long-acting) capsules. The information in this leaflet was last updated on the date listed on the final page. More recent information on these medicines may be available. You can download the most up to date information from: www.novartis.com.au.

Your doctor has prescribed Ritalin 10 or Ritalin LA for you or your child. All medicines have risks and benefits. Your doctor has weighed the risks of you or your child taking this medicine against the benefits they expect it will provide. Ritalin is a medication used to treat Attention Deficit-Hyperactivity Disorder (ADHD). People starting a new medication usually have a lot of questions. You may have already heard of Ritalin, but may not know much about it. You will probably want to know how Ritalin 10 or Ritalin LA works or may be unsure about whether it's right for you or your child. The best way to put your mind at ease is to learn everything you can about Ritalin 10 and Ritalin LA.

Ritalin has been used for a long time. In Australia, Ritalin 10 has been in use since the mid 1960s and Ritalin LA since 2002. This means much is known about it and we can answer most questions. There are also some questions that we do not know the answers to. Research on some of these issues is ongoing. This booklet will help you learn about Ritalin 10 or Ritalin LA and will tell you where to go to find more information. Keep this booklet with the medicine. You may need to read it again. In this booklet Ritalin refers to Ritalin 10 mg and Ritalin LA formulations.

This booklet is not designed to replace the information you receive from your doctor. If you have any questions about Ritalin or ADHD please speak to your doctor.

Why is Ritalin used for ADHD?

Studies suggest that 3-8% of children suffer with ADHD.^{1,12} ADHD is a medical condition characterised by more pronounced and persistent patterns of three behavioural symptoms that are typical amongst other people of the same age group.¹ The three behavioural symptoms are:



People with ADHD may show one, two or all three of these behaviours. For example, they may be easily distracted and/or impulsive, but not hyperactive, or display another combination of the behaviours.

ADHD can make it difficult to sit still or concentrate on tasks for any length of time and can impair one's ability to perform at their best.³ Ritalin is generally prescribed if ADHD behaviours impair a person's performance. Ritalin cannot cure ADHD, but can decrease its associated behaviours so sufferers may gain more control in their lives.⁴

Ritalin has been shown to be an effective treatment for ADHD – it reduces symptoms in the majority of children with ADHD and helps many adults with ADHD control their symptoms.⁵ Ritalin can help to focus attention and block distractions, which may improve behaviour, capacity to organise and school/work performance.^{6,7}







Ritalin, as with any ADHD medication, should be used as a part of a comprehensive ADHD management programme, incorporating behavioural, education and psychological interventions, as recommended by your doctor.⁵ Ritalin 10 and Ritalin LA, like all medicines containing central nervous system stimulants, will be given to you only under close medical supervision and after diagnosis. These medicines are only available with a doctor's prescription and your doctor has special permission to prescribe it.

Who can take Ritalin?

Ritalin can be taken by children aged six and above, adolescents and adults with ADHD. It is not registered for use in children under six years of age because it has not been studied extensively in this age group.^{2,12}

What is Ritalin?

Ritalin is the trade name for a medication called methylphenidate hydrochloride. Ritalin comes in different forms:

	Ritalin 10 tablet	Ritalin LA capsules				
Strength	 10 mg	 10 mg	 20 mg	 30 mg	 40 mg	 60 mg
Action	immediate-release, short acting	controlled-release, long-acting				
What this means	effect lasts for a few hours	effect lasts for most school or work hours				

Ritalin[®] 10

(methlyphenidate)

Immediate-release tablets: 10mg

Ritalin 10

Ritalin 10 works quickly and its effect lasts approximately 4 hours. It is usually taken 1-2 hours before its maximum effect is required, and may be given more than once a day⁵. Some doctors may prescribe Ritalin 10 in addition to Ritalin LA to tailor treatment to an individual's needs.

Once-daily

Ritalin[®] LA

(methlyphenidate)

Modified-release capsules: 10, 20, 30, 40, 60mg

Ritalin LA⁵

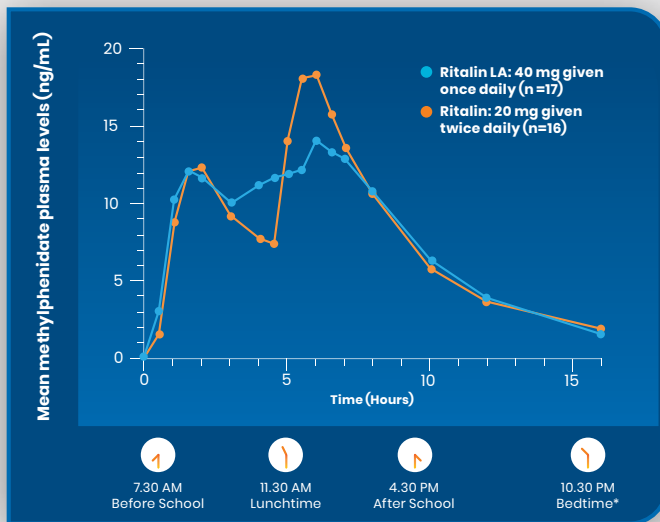
Ritalin LA starts working just as quickly as Ritalin 10, but works for longer, which means it only needs to be taken once daily in the morning.⁵ As such, most children don't need to take a dose of Ritalin LA at school. It may mean a child's peers don't need to know they are taking medication for ADHD.

How does Ritalin work?

Ritalin is a central nervous system stimulant thought to work by correcting the brain chemical imbalance that occurs in ADHD.

Ritalin is rapidly absorbed into the blood stream and starts working 30–60 minutes after it's taken.⁵ The effect of Ritalin 10 lasts approximately 4 hours, so Ritalin 10 is taken in the morning and again later in the day (usually lunch time).⁵ A few people also benefit from a further dose late in the day.⁵

In contrast, long-acting form –Ritalin LA –usually only needs to be taken once, in the morning, each day.⁵ Ritalin LA is a long-acting form of Ritalin in a capsule that contains equal amounts of immediate and delayed release beads. Half of the beads release the medicine immediately which means Ritalin LA capsule should start to work as fast as Ritalin tablets. The other half of beads release the remaining medicine about 4 hours later avoiding the need for a midday dose. (See below)

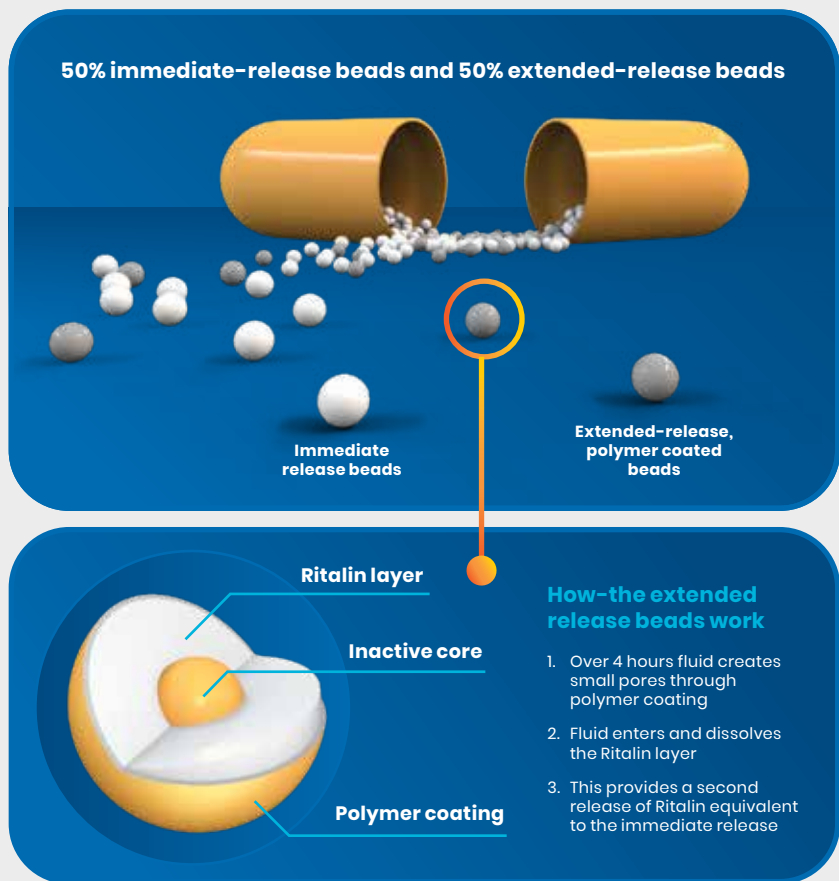


* Approaching pre-dose levels

Time and activities displayed with clocks are for illustrative purposes only.

The diagram below demonstrates what is inside a Ritalin LA capsule by showing two different types of beads as different colours. In reality, all beads are coloured white and you cannot visually tell them apart.

Extended-release delivery through SODAS* technology



*SODAS Spheroidal Oral Absorption System

Important

Remember that everyone is different, so every medication and management plan for ADHD will be different. Only your doctor can prescribe the appropriate medication strategy for you or your child. Always follow your doctor's recommendations.

When you must not take Ritalin ^{2, 12}

Do not take Ritalin 10 or Ritalin LA if you/your child are allergic (hypersensitive) to methylphenidate (the active ingredient) or to any of the other ingredients listed at the end of this booklet.

Some of the symptoms of an allergic reaction may include shortness of breath, wheezing or difficulty breathing; swelling of the face, lips, tongue or other parts of the body; rash, itching or hives on the skin.

Do not take Ritalin 10 or Ritalin LA if you/your child have any of the following medical conditions:

- periods of severe anxiety, tension or agitation
- Tourette's syndrome (a condition with uncontrolled speech and body movements or tics) or you have a family history of this disorder
- tics (muscle twitching which is usually in the face or shoulders) or if your brothers or sisters have tics
- increased pressure in the eye (glaucoma)
- an overactive thyroid (hyperthyroidism) or other thyroid problems
- heart problems such as heart attack, irregular heartbeat, chest pain (angina), heart failure, heart disease or if you were born with a heart problem
- very high blood pressure (hypertension) or narrowing of the blood vessels (arterial occlusive disease, which can cause pain in the arms and legs)
- severe depression or other mental illness
- a tumour of the adrenal gland, which sits near the kidney (pheochromocytoma)

If you are not sure whether any of the above medical conditions apply to you/your child, check with your doctor.

Do not take Ritalin 10 or Ritalin LA if you are taking a medicine called a monoamine oxidase inhibitor (MAOI) or have been taking it within the past 14 days.

Taking Ritalin 10 or Ritalin LA together with MAOI medicines may cause a serious reaction with a sudden increase in body temperature, extremely high blood pressure and severe convulsions.

Ask your doctor or pharmacist if you are not sure if you have been taking one of these medicines.

Before you start to take it^{2, 12}

Tell your doctor if you are allergic to any other medicines, foods, dyes or preservatives. Your doctor will want to know if you are prone to allergies.

Tell your doctor if you/your child have any of the following medical conditions or behaviours:

- any heart defects (e.g. structural cardiac abnormality)
- a family history of sudden death or irregular heart beat
- hardening of the arteries
- any other current or previous heart problems
- any disorders of the blood vessels in the brain, e.g. weakening of the blood vessel (aneurysm), stroke, or inflammation of blood vessels (vasculitis)
- severe depression, bipolar disorder or other mental illness
- epilepsy (seizures, convulsions, or fits)
- high blood pressure
- history of alcohol or drug abuse or dependence

- acute mental disorders that cause abnormal thinking and perceptions (psychosis) or feeling unusually excited, over-active and un-inhibited (acute mania) - your doctor will have told you if you have this
- psychotic symptoms such as seeing or feeling things that are not really there (hallucinations)
- aggressive behaviour
- suicidal thoughts or behaviour
- fingers and toes feeling numb, tingling and changing colour (from white to blue, then red) when cold ('Raynaud's phenomenon').

Your doctor may want to take special precautions if you/your child have any of the above conditions.

Tell your doctor if you are pregnant or breast-feeding.

Ask your doctor about the risks and benefits of taking Ritalin 10 or Ritalin LA in this case.

Ritalin is not to be used during pregnancy unless specifically prescribed by your doctor.

This medicine may affect your developing baby if you take it while you are pregnant.

Do not breast-feed during treatment with Ritalin 10 or Ritalin LA.

The active ingredient in Ritalin 10 or Ritalin LA can pass into the breast milk.

Does it matter if you are on other medicines as well?^{2, 12}

Tell your doctor if you are taking other medicines, including any you buy without a prescription from a pharmacy, supermarket or health food shop. When Ritalin is combined with some other medicines, they can affect how one or other works.^{2,12}

These medicines include those used to:

**decrease or
increase blood
pressure**

**prevent blood clots
(e.g. warfarin)**

treat epilepsy

treat depression

If you have not told your doctor you are taking any of these medicines, tell him or her before you start taking Ritalin. You may need to take a different amount of your medicine/s or you may need to change medicine/s. Your doctor and pharmacist will give you more information.

Taking other medicines^{2, 12}

Some medicines and Ritalin 10 or Ritalin LA may interfere with each other. It may be necessary to change the dose or in some cases to stop one of the medicines.

Some of these medicines include^{2,12}

- medicines that increase blood pressure
- alpha 2 agonists like clonidine (used to treat high blood pressure)
- medicines used to treat depression, such as tricyclic antidepressants and monoamine oxidase inhibitors (MAO inhibitors)
- some anticonvulsants (medicines used to treat epilepsy or fits)
- oral anticoagulants or warfarin (medicines used to prevent blood clots)
- phenylbutazone (used to treat pain or fever)
- guanethidine
- anaesthetics
- medicines that influence the level of dopamine in the body (dopaminergic medicines used to treat Parkinson's disease or psychosis)
- medicines that raise the level of serotonin in the body (serotonergic medicines, for example those used to treat depression like sertraline and venlafaxine)

You or your child may need to take different amounts of your medicines or you or your child may need to take different medicines. Your doctor and pharmacist have more information.

If you have not told your doctor about any of these things, tell him/her before you or your child start taking this medicine.

How should you take Ritalin?^{2, 12}

It is important to take Ritalin as prescribed. The same ADHD behaviours that cause problems at home will often cause similar problem at school or work and in other situations. Always work with your specialists to make sure that you or your child takes the right amount.

Can I take half a Ritalin 10 tablet?

If your doctor prescribes Ritalin 10 in this way, the answer is yes. A common starting dose of Ritalin for children is 5 mg, which is half of a Ritalin 10 tablet.⁵ You can also break a Ritalin 10 tablet in half and swallow both halves, if you have trouble swallowing a whole tablet.⁵

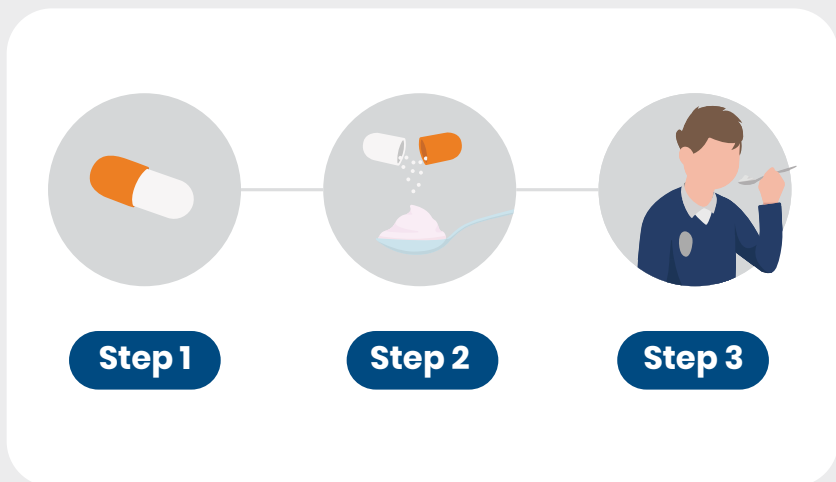
Can I take half a Ritalin LA capsule?

No, each capsule of Ritalin LA contains lots of little beads. Half of the beads work quickly after they are swallowed, while the other half release the medication about four hours later (delayed-released). Both types of beads are the same colour and size so you will not be able to tell them apart. Ritalin LA capsules are designed to be swallowed whole. It's best to swallow the capsule/s whole in the morning with a full glass of water. Don't crush or chew the capsules.⁵

Can I open Ritalin LA capsules?^{2,12}

Sometimes, the simple act of swallowing a capsule or tablet can be a challenge for both children and their carers. If you have trouble swallowing the capsules, they can be opened carefully and their contents sprinkled over a spoonful of soft food (e.g. apple sauce or yoghurt) that must be either cold or at room temperature.⁵ Do not heat food you have sprinkled Ritalin LA capsule contents onto as it may affect the effectiveness of the medicine.⁵

Make sure you don't crush or chew the beads - the mixture of food and Ritalin LA should be swallowed immediately, without chewing. Don't store the mixture of food and the content of the Ritalin LA capsule for future use. Only break the capsule open just before you take the dose.



How quickly does Ritalin work, and for how long?^{2, 12}

Ritalin 10 and Ritalin LA both start to work quite soon (1-2 hours) after taking them.⁵ Ritalin 10 tablets last for approximately 4 hours, but this can vary from person to person.

Ritalin LA capsules need to be taken only once per day, in the morning.

If you forget to take Ritalin 10^{2, 12}

If you/your child forget to take a dose of Ritalin 10, take the dose as soon as you remember. Then make sure to wait the same amount of time as usual before you/your child take the next dose. For example, if there are usually 4 hours between doses, wait 4 hours before taking the next dose and so on for the rest of that day. On the next day go back to your usual times.

Do not take a double dose to make up for the one that you/your child missed.

Your chance of an unwanted side effect may be increased if you do. If you have trouble remembering when to take your medicine, ask your pharmacist for some hints.

If you forget to take Ritalin LA^{2, 12}

If you forget to take a dose of Ritalin LA capsules and you remember before mid-day, take the dose as soon as you remember. Then go back to your usual schedule on the following day.

If you do not remember before mid-day, miss your dose of Ritalin LA for that day and wait until the following morning to take your next dose.

Do not take a double dose to make up for the one that you missed.

If you take too much Ritalin (overdose)^{2,12}

Immediately telephone your doctor or the Poisons Information Centre (telephone 13 11 26), or go to Accident and Emergency at your nearest hospital if you think that you or anyone else may have taken too much Ritalin. Do this even if there are no signs of discomfort or poisoning. Keep the telephone numbers for these places handy.

Some of the symptoms of an overdose may include vomiting, agitation, headache, tremors, muscle twitching, irregular heart beat, flushing, fever, sweating, dilated pupils, breathing problems, confusion, seizures and muscle spasms accompanied by fever and red-brown urine.

Do I need to see my doctor regularly?^{2,12}

Be sure to keep all of your doctor's appointments so that your/ your child's progress can be checked.

Your doctor will want to check your or your child's blood pressure, height, weight and do blood tests from time to time to prevent unwanted side effects from happening.

If you become pregnant while taking Ritalin, tell your doctor. Your doctor can discuss with you the risks and benefits of taking it while you are pregnant. If you/your child are about to be started on any new medicine, remind your doctor and pharmacist that you/your child are taking Ritalin.

Tell any doctor, dentist or pharmacist who treats you or your child that you are taking Ritalin.

Does food or alcohol affect how Ritalin works?^{2,12}

Both Ritalin 10 and Ritalin LA can be taken with or without food. It is important that you always take Ritalin the same way, so the effect will always be the same. It is a good idea to take Ritalin with food to reduce the likelihood that the medicine will upset your stomach.

Drinking alcohol is not recommended whilst you are taking Ritalin because it can worsen some unwanted effects of this medicine, such as dizziness and drowsiness. Adults should be careful when drinking alcohol if they are taking Ritalin.

Will I have to take Ritalin all the time?^{2,12}

During treatment for ADHD, your doctor may stop Ritalin every so often (e.g. over weekends or school holidays) to see whether it is still needed. Breaks from treatment also help to prevent a slow-down in growth that sometimes happens when children take this medicine for a long time.

Do not stop your treatment without first checking with your doctor. If you suddenly stop taking this medicine, your condition may reappear or you may get unwanted effects such as depression. To prevent this, your doctor may want to gradually reduce the amount of medicine you take each day before stopping it completely.

You will need medical supervision after having interrupted the treatment.

Do not change the dose without talking to the doctor. If you have the impression that the effect of Ritalin is too strong or too weak, talk to the doctor.

Do not take this medicine to treat any other complaints unless your doctor tells you to.

Do not give it to anyone else, even if their condition seems similar to yours.

Things to be careful of while on Ritalin ^{2,12}

Be careful driving, operating machinery or doing jobs that require you to be alert while you are taking Ritalin until you know how it affects you.

This medicine may cause hallucinations, dizziness, drowsiness, blurred vision or other central nervous system side effects which can affect concentration in some people. If you have any of these symptoms, do not drive, use machines or do anything else that needs quick reactions or could be dangerous.

Ritalin may give a false positive result when testing for drug use. This includes testing used in sport. Some children taking Ritalin for a long time may have slower than normal growth, but they usually catch up once the treatment is stopped.

In some patients Ritalin may cause stomach upset, loss of appetite and difficulty sleeping, especially at the start of treatment. Your doctor can usually help to reduce these symptoms by lowering the dose of Ritalin or changing the times when the tablets are taken.

Tell your doctor if you are going to have an operation. There is a chance of a sudden rise in blood pressure during the operation if an anaesthetic is used. Your doctor will advise if you/your child should take Ritalin on the day of the operation.

If you experience abnormally sustained or frequent and painful erections of the penis on Ritalin treatment or after treatment discontinuation, you may need urgent medical treatment. This can occur in any age group. If this occurs, tell your doctor immediately.

If taking Ritalin with medicines that raise the level of serotonin in the body (serotonergic medicines, e.g. sertraline and venlafaxine used to treat depression) and you experience a combination of the following symptoms: restlessness, tremor, sudden muscle contractions, abnormal high temperature, nausea and vomiting, stop treatment with Ritalin and these medicines and tell your doctor immediately.

Does Ritalin have any side effects?^{2,12}

As with all medication, Ritalin may cause side effects for some people, but these are usually mild and tend to disappear after adjustment of the amount, or timing, of dose by your doctor. If you don't feel well while you are taking Ritalin, tell your doctor and/or pharmacist as soon as possible.

How do you know if something is a side effect?^{2,12}

To decide whether a particular side effect is being caused by the medication, think carefully about whether or not it was present before you first used the medicine. The problem is less likely to be a side effect if it was already present before a medication was started. For example, many children with ADHD have sleep disturbances before they start Ritalin, so, if they continue to have sleep disturbances afterwards, this may not necessarily be a result of the treatment. If you are not sure, or the problem is bothering you, ask your doctor or pharmacist.

Some possible side effects of Ritalin are discussed below. Don't be alarmed by these side effects because you, or your child, may not experience any of them. Ask your doctor or pharmacist to answer any questions you may have.

The following side effects are the most common ones encountered with Ritalin.^{2,12} Tell your doctor if you notice any of the following and they worry you:

- excessive emotional distress or excitement
- nervousness
- feeling anxious, agitated
- feeling jittery
- feeling depressed
- feeling aggressive
- unusually active, depressed mood
- uncontrolled speech and body movements (Tourette's syndrome)
- troubled sleep or restlessness, difficulty falling asleep, sleep disturbance, sleepiness
- nausea (feeling sick)
- dry mouth
- vomiting, stomach pain, upset stomach, indigestion, toothache
- loss of appetite, decreased weight
- excessive sweating
- loss of weight and slower growth in children
- sore throat and runny nose
- headache
- cough
- dizziness
- blurred vision or problems focussing your eyes
- muscle cramps
- fever
- hair loss
- abnormal heart rhythm
- palpitations
- involuntary shaking of the body (sign of tremor)
- skin rash, itchy rash and hives
- joint pain
- excessive teeth grinding
- spasm of the jaw muscles that makes it difficult to open the mouth
- stuttering
- bedwetting in children during the night

Tell your doctor if you notice that anything that is making you feel unwell. Some people can also experience side effects not mentioned in this booklet.

Tell your doctor immediately or go to Accident and Emergency at your nearest hospital if you notice any of the following:^{2, 12}

- swelling of the face, lips or tongue (severe allergic reaction)
- sudden high fever, severe convulsions
- severe headache or confusion, weakness or paralysis of limbs or face, difficulty speaking
- fast heartbeat, chest pain
- uncontrollable twitching, jerking
- bruising
- muscle twitching or tics
- a sore throat and fever or chills
- uncontrollable writing movements of the limb, face and/or trunk
- seeing or feeling things that are not really there (hallucination)
- fits (seizures, convulsions, epilepsy)
- skin blisters or itching
- red blotches on the skin
- prolonged erection, causing discomfort of the penis (sign of priapism)
- thoughts or attempts of killing yourself (suicidal ideation).
- fingers and toes feeling numb, feeling cold, tingling and changing colour (from white to blue, then red) when cold (Raynaud's phenomenon, peripheral coldness).



The above side effects may be serious. You may need urgent medical attention.

Does Ritalin make you lose your appetite?^{2,12}

One of the most common side effects of Ritalin is not feeling hungry. If Ritalin causes you to lose your appetite, doctors often recommend eating prior to taking the medicine. Taking Ritalin with a meal, or after a meal, also reduces the chances it will make your stomach feel uncomfortable. If you have any concerns, talk to your doctor about actions you can take to ensure you, or your child, maintains a healthy weight.

Does Ritalin stop kids from growing?^{2,12}

Ritalin has been reported to cause slower growth in some children.⁵ This is usually a temporary effect and slower growth is usually followed by catch up growth when medication is discontinued.⁵ Children taking Ritalin should have their growth monitored regularly by their prescribing specialist.

Can Ritalin keep you awake at night?^{2,12}

Some people taking Ritalin may find it difficult to fall asleep at night. Some people are more sensitive than others to medication and they may benefit from measures to minimise the likelihood of insomnia, such as ensuring the last dose is taken in the middle of the day rather than in the late afternoon. In some people with ADHD, sleeplessness may occur as an effect of the medication wearing off. Speak to your doctor about adjustments to your dosing routine if sleeplessness is a problem for you.

Does Ritalin make people susceptible to drug addiction?

If you/your child takes Ritalin correctly as instructed by your doctor, abuse or dependence should not be a problem, either now or later in life.⁸⁻¹⁰

Prescribing laws in the states and territories of Australia are designed to protect against the misuse of Ritalin. They control the amount and the period of time that applies to each prescription.

When Ritalin is taken as prescribed, studies have shown that it makes people no more likely to become addicted to other types of drugs.^{9,10} Young adults and adolescents with ADHD who are not prescribed stimulant medication (unmedicated ADHD) are at a higher risk of substance abuse than the general population⁹

What is the recommended dosage of Ritalin?^{2, 12}

Doctors assess the dose that is most appropriate for each individual. The dose varies from person to person and what is best for one may not be optimal for another. To work out the best dose of Ritalin, collaborative monitoring is needed between all parties involved. Help your doctor by providing information about behaviours at home, school or work.

It's important to tailor doses to individuals. As children grow, or symptoms change, the dose they require may be adjusted. You need to follow the advice of your doctor and pharmacist closely. Do not alter the dose unless you are told to by your doctor. The following dosage guidance is based on the Australian Approved Product Information. However, laws and stimulant prescribing guidelines vary across Australian states and territories. Please follow your doctor's advice even if it is different from the information contained in this booklet.

Ritalin 10

Children⁵

Ritalin 10 is available in tablets containing 10 mg of methylphenidate hydrochloride as the active ingredient. For children aged six or over, the usual starting dose is 5 mg once or twice a day. If necessary, the dose can be increased by 5 mg or 10 mg each week.

Adults⁵

For adults, the usual dose of Ritalin 10 is 20–30 mg (therefore 2 or 3 tablets) each day, but some people may need more or less. If you have trouble sleeping, talk to your doctor about the best time to take the last dose each day.

Ritalin LA⁵

Ritalin LA capsules contain 10 mg, 20 mg, 30 mg, 40 mg or 60 mg of methylphenidate hydrochloride as the active ingredient. You will usually start with a low dose and your doctor may recommend you increase it gradually week by week if necessary.

Ritalin helps to control your symptoms but does not cure your condition. Your doctor will check your progress to make sure the medicine is working and will discuss with you how long your treatment should continue.

Long term use of Ritalin

Long-term use of Ritalin is common, but it is important that patients on long term therapy continue to be closely medically supervised.

The safety and effectiveness of long-term use of Ritalin is not fully established.⁵ Your specialist will monitor you carefully if you need to continue taking Ritalin for many years.

Does Ritalin contain gluten or lactose?

Ritalin 10 tablets contain gluten (wheat starch) and lactose, so tell your doctor if you are intolerant to these ingredients.⁵ Ritalin LA capsules do not contain gluten or lactose.⁵

How should I store Ritalin?

Keep Ritalin in its original container and store in a cool, dry place at room temperature (less than 25°C) where children can't reach it, such as in a locked cupboard 1.5 metres or more above the ground.

What it looks like

Ritalin 10



10mg dividable

Ritalin 10 tablets are round white tablets, marked CG on one side and AB with a break-line on the other; packs of 100 tablets.

Ritalin LA



10mg

Ritalin LA 10 mg capsules are white to off-white beads in a light brown and white capsule with imprint NVR and R10 in tan-coloured ink; bottles of 30 capsules.



20mg

Ritalin LA 20 mg capsules are white to off-white beads in a white capsule with imprint NVR and R20 in tan coloured ink; bottles of 30 capsules.



30mg

Ritalin LA 30 mg capsules are white to off-white beads in a yellow capsule with imprint NVR and R30 in tan coloured ink; bottles of 30 capsules.



40mg

Ritalin LA 40 mg capsules are white to off-white beads in a light brown capsule with imprint NVR and R40 in tan coloured ink; bottles of 30 capsules.



60mg

Ritalin LA 60 mg capsules are white to off-white beads in a light brown opaque cap and yellow opaque body hard gelatin capsule, with imprint NVR on cap and R60 on body in tan coloured ink; bottles of 30 capsules

Ingredients

Ritalin[®] 10
(methylphenidate)

Immediate-release tablets: 10mg

Ritalin 10 tablets contain

10 mg of methylphenidate hydrochloride as the active ingredient.

They also contain:

- lactose
- calcium phosphate (E341)
- gelatin
- magnesium stearate (E572)
- purified talc (E553b)
- wheat starch



Ritalin LA capsules contain

10 mg, 20 mg, 30 mg, 40 mg or 60 mg of methylphenidate hydrochloride as the active ingredient.

They also contain:

- sugar spheres (sucrose and maize starch)
- ammonio methacrylate copolymer
- methacrylic acid copolymer
- purified talc (E553b)
- triethyl citrate (E1505)
- macrogol 6000
- gelatin
- titanium dioxide (E171)
- iron oxide yellow CI77492 (E172)
(30 mg, 40 mg and 60 mg capsules only)
- iron oxide black CI77499 (E172)
(40 mg and 60 mg capsules only)
- iron oxide red CI77491 (E172)
(40 mg and 60 mg capsules only)
- TekPrint SW-8010

Sponsor

Ritalin 10 and Ritalin LA capsules are supplied in Australia by:

NOVARTIS Pharmaceuticals Australia Pty Limited

ABN 18 004 244 160

54 Waterloo Road
Macquarie Park NSW 2113

Telephone: 1 800 671 203

Web site: www.novartis.com.au

® = Registered Trademark

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A final word

ADHD is a disorder that requires a multi-dimensional treatment approach, including behavioural and other interventions. Each person's experience with Ritalin, in terms of dosage and effects may be different, so it is important to look at how Ritalin works best for each individual with ADHD.

If you have any questions about the material in this booklet, or if you have questions that have not been covered here, please talk to your prescribing specialist. You may also wish to consult further resources listed under 'Further Information' over the page.

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Ritalin[®] 10
(methlyphenidate)

Immediate-release tablets: 10mg

Once-daily
Ritalin[®] LA
(methlyphenidate)

Modified-release capsules: 10, 20, 30, 40, 60mg

Disclaimer

This booklet is prepared for patients who are in transition from Ritalin 10 to Ritalin LA or taking both products. It is intended to compliment the information and advice you receive from your health care team. It is not intended to take the place of advice from the health professionals caring for you. Information of the kind contained within this booklet can change rapidly.

Whilst Novartis make every effort to maintain the accuracy of the information contained within this booklet, to the extent permitted by law, no warranty can be given in this regard. It is recommended that you regularly seek advice and information from doctors, pharmacists and other health care professionals to compliment the information initially contained with this booklet and that you obtain updated versions of it contents as they become available via your doctor or pharmacist.

If you have any questions or require more information, please read the package information leaflet that came with the medicine or read the consumer medicine information available on the website: www.novartis.com.au/products_consumers.html – Ritalin 10; Ritalin LA and Artige Consumer Medicine Information leaflets are available for download via this site from the pharmacist or doctor.