

Dear Parents/Carers

The following is some information about prescribing stimulants for your child or adolescent. Your Paediatrician will work together with you to ensure their medication is prescribed safely, that they derive benefit from it, and that any side effects are minimised and monitored.

Specialist Paediatricians prescribing medication for ADHD have a responsibility to ensure that appropriate doses are being prescribed, that management strategies (including other interventions) remain appropriate and effective, and that side effects are monitored. This includes reviewing growth, blood pressure and heart rate, and other side effects such as mood changes, anxiety, and sleep. According to NSW Health guidelines, your child or adolescent requires review by your Paediatrician every 3-6 months<sup>1 2</sup>. Doctors other than Paediatrician and Psychiatrists are not able to prescribe unless special circumstances arise.

Please be aware:

- Stimulant prescribing is tightly monitored and controlled by Medicare and authority approval is required for all scripts.
- Authority is not given unless it is within 1 month of when the medications previously supplied are due to finish.
- Scripts for stimulants are retained by the chemist you take it to or nominate to have it sent to. You will be required to attend the same chemist for all repeats on that script.
- All scripts for stimulants expire by law 6 months from the date they are written, even if there are repeats left on the script at time of expiry.
- Scripts require an 'interval' which is the number of days from when stimulants are dispensed until the next repeat is able to be dispensed.

Your Paediatrician will discuss with you at the time of the appointment when your follow up appointment needs to be booked to ensure you have sufficient medication to last until then. Our office staff will be happy to assist you in scheduling this appointment which should be booked at the time of your previous appointment since we routinely book 6 months ahead.

We do not issue scripts in between appointments except in exceptional circumstances such as when there has been a negative reaction to the medication which has been prescribed or when the dose needs to change soon after a script has been written.

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<sup>1</sup> Refer to page 3 of <https://www.health.nsw.gov.au/pharmaceutical/Documents/adhd-criteria-child.pdf>

<sup>2</sup> <https://www.health.nsw.gov.au/pharmaceutical/patients/Pages/faq-adhd-consumers.aspx>