

# Medication Information

## Methylphenidate (Meth – il – FEN – i – date)

---

### Other names for this medication

Biphentin<sup>®</sup>  
Concerta<sup>®</sup>  
Ritalin<sup>®</sup>

There are many other names for this medication.

### How this medication is used

This medication is used to treat attention-deficit hyperactivity disorder (ADHD) or narcolepsy. Narcolepsy is uncontrolled desire for sleep or sudden attacks of deep sleep.

This medication may also be used for other conditions.

It may take a week before you get the full effect of this medication.

## **How to take this medication**

Take this medication exactly as directed by your health care provider.

Do not suddenly stop taking this medication without checking with your health care provider.

Take this medication with food or after food.

### **Plain Tablet (Ritalin<sup>®</sup>)**

If you take this medication more than once a day, take the last dose before 6:00 p.m. to help prevent trouble sleeping.

### **Long Acting Tablet or Capsule (Biphentin<sup>®</sup>, Concerta<sup>®</sup>, Ritalin SR<sup>®</sup>)**

Swallowed whole.

Do not break, open, crush or chew before swallowing.

If you take Concerta<sup>®</sup> you can sometimes see what looks like a tablet in your stool. This is the empty shell that is left after the medication is absorbed into your body.

If you miss a dose, take it as soon as you remember. However, if it is almost time for your next dose or after 6:00 p.m. skip the missed dose and go back to your regular time. Do not take 2 doses at a time.

This medication does not mix with certain other medications. Always check with your health care provider or pharmacist before taking any other medication or herbal products when taking methylphenidate.

Until you know how this medication makes you feel, do not drive or operate machinery.

Check with your health care provider before taking part in strenuous exercise.

---

## **While taking this medication you may notice**

- headache – acetaminophen may help temporarily, but if the headaches continue or are bothersome, contact your health care provider
- trouble sleeping
- decreased appetite and weight loss
- nausea – it may help if you take this medication with food
- blurry vision

To help dry mouth, try sucking sugar-free candy or chewing sugar-free gum. Sucking on ice chips also helps if you are not on a limited fluid diet. Good care of your teeth is very important at this time.

## **Contact your health care provider if you notice**

- your heart beat is faster than normal
- you have shortness of breath, chest pain or fainting
- you have behavioural or emotional changes or problems such as seeing or hearing things that are not real, believing things that are not real or are suspicious
- you have trembling and shaking or convulsions
- you have tics – uncontrolled and repeated body movements
- you have a skin rash, itching or swelling of the face