

## **National Supply Issues of Medicines for Attention Deficit Hyperactivity Disorder (ADHD). Information for Patients and Carers. (Individuals Requesting Initiation of New Treatment by GP)**

There is a national supply problem affecting some medicines used to help manage symptoms of ADHD (Attention Deficit Hyperactivity Disorder). This is a UK wide issue which is affecting all services across the country and pharmacies in both the community and in hospitals. As a result of these shortages, no new patients will be initiated on ADHD medication until the stock supplies have been fully stabilised.

### **Why is there a shortage?**

The supply shortage of these medicines is caused by manufacturing issues and also an increased global demand (increased prescribing of ADHD medication).

### **How long will the shortage last?**

The medicines are expected back in stock at different dates between now and mid-2024. These dates are indicative only and are subject to change.

### **What medicines are affected?**

- Some methylphenidate prolonged-release capsules and tablets (brand names: Concerta® XL, Equasym® XL, Xaggitin® XL and Xenidate® XL)
- Lisdexamfetamine (brand name: Elvanse®) capsules
- Guanfacine (brand name: Intuniv®) prolonged-release tablets

### **When can start my medication?**

Prescribing of ADHD medicines for new patients will not be considered until stocks are fully stabilised and recovery of treatments for established patients has been achieved. This is to ensure there is no further disruptions to your medication regimen.

### **Non-medicine strategies for managing ADHD symptoms**

Below are some recommended strategies that may help reduce the impact of ADHD on your day-to-day life. These strategies should be used every day. These include:

- Changing lighting and noise
- Reducing distractions
- Making changes to education or work to have shorter times of focus and having movement breaks
- Using notes, checklists and diaries/ planners
- Increasing exercise, especially outside in nature

### **Details of UK/ local support groups and charities**

- <https://www.ukaan.org/support-groups>
- <https://www.scottishadhdcoalition.org/local-groups-in-scotland/>
- <https://www.adhdfoundation.org.uk>