

Dextroamphetamine

Dexedrine Spansule, Zenzedi, ProCentra, Xelstrym (transdermal), a stimulant medicine for attention and daytime alertness

This medicine helps you or your child focus, follow through, and stay awake, and it comes as a tablet, liquid, or patch.

WHAT IT TREATS

ADHD, narcolepsy

HOW YOU TAKE IT

Morning; some forms twice

WHEN IT WORKS

Same day, within 1 to 2 h

HABIT FORMING

Yes; a controlled medicine

⚠️ IMPORTANT SAFETY WARNING

This is a controlled medicine. Taken as prescribed and stored where others cannot reach it, it is a well-studied treatment. Misuse - larger amounts, snorting, or injecting - can cause overdose, death, and dependence. Never share or sell it.

① WHAT THIS MEDICINE DOES

- **Dextroamphetamine** is a single, simple amphetamine that raises the brain chemicals behind attention and alertness.
- It treats ADHD and narcolepsy, and some people find it smoother than blends that also contain a second amphetamine.
- It comes as a plain tablet, a long-acting capsule, a liquid, and a skin patch, so the form can be matched to your day.
- It works on the day you take it. Nothing accumulates, so a skipped day is a day without the effect, not a setback.

🕒 HOW TO TAKE IT

- Take the first dose soon after waking. If you take a second one, put it in the early afternoon, not the evening.
- It can be taken with or without food, but eating breakfast before it kicks in is the easiest way to protect calories.
- Long-acting capsules are swallowed whole or opened onto applesauce and swallowed without chewing. Never crush the beads.
- The patch goes on the hip, upper arm, chest, or back about **2 hours** before you need it, and rotate the spot each time.
- Store it locked or well out of reach, keep track of the count, and never carry it loose in a pocket or backpack.

📈 WHAT TO EXPECT

- The plain tablet starts in about an hour and covers roughly **4 to 6 hours**; the long capsule covers most of a school day.
- Working well means fewer half-finished tasks and less mental drifting, not feeling wired or unlike yourself.
- The late-afternoon fade can bring an hour of crankiness or tears, called rebound. Say so, because timing can be adjusted.
- Getting the form and amount right usually takes several weeks of small changes. Keep the follow-up appointments.
- For children, height and weight go on a growth chart at least every **6 months**, since growth can slow while on treatment.

♥️ COMMON SIDE EFFECTS

- Appetite falls off during the hours it works. Front-load breakfast and keep the evening meal generous and unhurried.
- Have easy high-calorie snacks ready for the evening rebound in hunger: cheese, nuts, whole milk, eggs, or a smoothie.
- Difficulty falling asleep is common. Ask your prescriber about shifting the dose earlier before trying anything else.
- Dry mouth, headache, and a keyed-up feeling are common early. Water, food with the dose, and less caffeine all help.
- Feeling emotionally flat or quick to anger usually means the amount is too high, so mention it instead of waiting.
- Small increases in heart rate and blood pressure are expected and are checked at each visit, so keep those visits.

⚠️ CALL YOUR PRESCRIBER OR GET HELP RIGHT AWAY IF

- Chest pain, fainting, or a pounding heartbeat, especially with exertion: call **911**.
- Hearing or seeing things that are not there, or days of racing thoughts with no sleep: call your prescriber that day.
- Fingers or toes that turn white or blue and go numb, or an erection that will not go down: get seen the same day.
- New or worse thoughts of ending your life: call or text **988**, or go to the ER if you do not feel safe.

🚫 WHAT TO AVOID

- Do not drink alcohol while it is working. It masks how impaired you are and puts extra strain on your heart.
- Skip energy drinks, extra coffee, and decongestant cold medicine, since they pile onto the same jittery feeling.
- Never take it within **14 days** of an MAOI antidepressant, and tell surgeons and dentists before any procedure.
- Antacids and baking soda make it stronger and longer; vitamin C and acidic drinks cut it short. Ask before combining.
- Handing pills to anyone else, even a friend who asks, can seriously harm them and is against the law. Keep it locked.

⏸️ STOPPING IT SAFELY

- No taper is needed, but stopping abruptly after long steady use can bring several days of exhaustion, hunger, and low mood.
- The patch keeps working for about **2 hours** after you take it off, so plan removal around bedtime.
- This is a controlled medicine with no automatic refills. Ask for the next prescription roughly a week before you run out.
- If it stops helping, call your prescriber rather than adding a dose. Timing, sleep, or the form is often the real issue.

❓ QUESTIONS TO ASK

- Is the tablet, the long capsule, or the patch the better fit for our schedule?
- What is the plan if appetite or growth becomes a problem?
- Which of my other medicines or supplements change how this works?
- How far ahead should I call for each new prescription?

Where this information comes from

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NOTE

Sources are listed in APA 7th edition style. This handout is general information about a medicine, not medical advice, and it does not replace the instructions from your own prescriber or pharmacist. Never start, change, or stop a medicine on your own. If you think you are having a serious reaction, call your prescriber; if you cannot breathe, cannot stay awake, or are thinking of harming yourself, call 911 or 988 right away.