

Lisdexamfetamine

Vyvanse, Vyvanse Chewable, a stimulant medicine for attention, taken once each morning

This medicine gives steady help with focus across the whole day from one morning dose, without a sharp peak or crash.

WHAT IT TREATS

ADHD, binge eating disorder

HOW YOU TAKE IT

Once each morning

WHEN IT WORKS

Builds over 1 to 2 hours

HABIT FORMING

Yes; a controlled medicine

⚠️ IMPORTANT SAFETY WARNING

This is a controlled medicine. Taken as prescribed and kept where others cannot get 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

- **Lisdexamfetamine** arrives switched off and your own blood turns it on, which is why the effect comes on gently.
- It treats ADHD in adults and in children **6** and older, and it also treats binge eating disorder in adults.
- It is not approved for weight loss, and it should not be used for that even though appetite drops while taking it.
- Because it has to be turned on inside the body, snorting or injecting it does not work and only causes harm.

⌚ HOW TO TAKE IT

- Take it once in the morning as soon as you get up. A later start pushes the effect into the evening and blocks sleep.
- Swallow the capsule whole, or empty it into water, orange juice, or yogurt and drink it right away. Never split one capsule.
- The chewable tablet must be chewed all the way through and washed down with plenty of liquid.
- If you miss the morning and it is already afternoon, skip it for the day. Never take two to catch up.
- Keep it locked or well out of reach at home and never in a school bag, and know how many are left.

📈 WHAT TO EXPECT

- It comes on over about **1 to 2 hours**. People expecting an instant lift often think it failed when it is just slower.
- One morning dose usually covers the school or work day, which is why most people do not need a midday pill.
- Working well looks like starting things sooner, finishing them, and being less scattered - not being wired or silent.
- The end-of-day fade is usually gentler than with short-acting stimulants, but some crankiness or tears can still show up.
- Children get height and weight plotted at least every **6 months**, because steady treatment can slow growth a little.

♥️ COMMON SIDE EFFECTS

- Lower appetite is the most common effect. A real breakfast before it takes hold and a relaxed dinner protect the calories.
- Keep filling evening snacks handy for when hunger returns: nut butter, cheese, whole milk, eggs, granola, or a smoothie.
- Trouble falling asleep affects many people. The usual answer is taking it earlier, so bring it up before changing anything.
- Dry mouth and headache are common in the first weeks. Sip water through the day and eat something with the dose.
- Anxiety or a short fuse can appear, especially at higher amounts. Report it so the plan can be adjusted rather than endured.
- Heart rate and blood pressure creep up a bit for most people, which is why both get checked at each appointment.

⚠️ CALL YOUR PRESCRIBER OR GET HELP RIGHT AWAY IF

- Chest pain, fainting, or a pounding or racing heart, especially with exercise: call **911**.
- Hearing or seeing things that are not real, or sudden aggression or racing thoughts with no sleep: call that day.
- Fingers or toes that go white, blue, and numb, or an erection that will not go down: get seen the same day.
- New or worse thoughts of hurting yourself: call or text **988** now, or go to the ER if you feel unsafe.

🚫 WHAT TO AVOID

- Do not drink alcohol while it is working. You will feel less drunk than you are, and your heart is already working harder.
- Energy drinks, extra coffee, and decongestant cold pills add to the racing heart and jitters. Check labels carefully.
- Never take it within **14 days** of an MAOI antidepressant, and tell any surgeon or dentist that you take a stimulant.
- Sharing or selling capsules can badly hurt the other person and is a crime. Store the bottle where nobody else can reach it.
- Talk with your prescriber before pregnancy or breastfeeding, and mention any kidney problems, since the amount may change.

⌚ STOPPING IT SAFELY

- No taper is required, but stopping suddenly after long use can bring a few days of deep tiredness, hunger, and low mood.
- Some families plan breaks during school holidays. Make that decision with your prescriber rather than on your own.
- There are no automatic refills on a controlled medicine, so request the next prescription about a **week** early.
- If it seems to have stopped helping, call your prescriber instead of taking more. Sleep and timing are common culprits.

❓ QUESTIONS TO ASK

- How long should I wait each morning before deciding it is working?
- What do we do if appetite loss starts affecting weight or growth?
- Is this a good choice for me given my kidney function or heart history?
- How do I request refills, and what happens if a capsule goes missing?

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.