

Mixed Amphetamine Salts

Adderall, Adderall XR, Mydayis, a stimulant medicine for attention and focus

This medicine helps you or your child stay on task, hold a thought, and get moving on things that feel impossible to start.

WHAT IT TREATS

ADHD; also narcolepsy

HOW YOU TAKE IT

In the morning on waking

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 nobody else can get it, it is well studied and effective. Misuse - larger amounts, snorting, or injecting - can cause overdose, death, and dependence. Never share or sell it.

① WHAT THIS MEDICINE DOES

- **Mixed amphetamine salts** are a blend of two closely related stimulants that raise the brain chemicals behind focus.
- They are used for ADHD and for narcolepsy, and they work on the day you take them rather than building up over weeks.
- Amphetamine and methylphenidate are different families. If one did not suit you, the other may still work well.
- The long capsules release in waves so one morning dose can carry through school or a workday without a midday pill.

⌚ HOW TO TAKE IT

- Take it soon after waking, at about the same time every day. Consistency matters more than whether you have eaten.
- A long capsule can be opened onto a spoon of applesauce and swallowed without chewing. Do not split one capsule in two.
- If a short-acting afternoon dose is part of the plan, take it by early afternoon so it is out of the way by bedtime.
- Miss a dose and it is already late in the day? Skip it. Doubling up the next morning is not safe or helpful.
- Store it locked or well out of reach, count what is in the bottle, and never leave it loose in a bag or a locker.

📈 WHAT TO EXPECT

- The effect starts within **1 to 2 hours** and the long forms coast for most of the day before fading in the late afternoon.
- Working well looks like starting tasks sooner, losing fewer things, and being able to sit through a class or a meeting.
- Late-day crankiness or tearfulness as it wears off is called rebound, and it is common. Your prescriber can adjust for it.
- It usually takes a few weeks of small adjustments to land on the right form and amount. Check-ins are part of the process.
- Children get height and weight plotted at least every **6 months**, because growth can slow a bit on steady treatment.

♥ COMMON SIDE EFFECTS

- Appetite drops sharply during the day. Eat a solid breakfast before it takes hold and keep dinner calm and unrushed.
- Stock high-calorie evening snacks like peanut butter toast, cheese, whole milk, avocado, or a smoothie for when hunger returns.
- Trouble falling asleep is very common and is usually about timing. Ask about an earlier dose rather than a sleep aid.
- Dry mouth, headache, and a wound-up feeling are common early on. Water, food with the dose, and less coffee all help.
- Some people feel unusually flat or quick to tears. That often means the amount is too high, so report it right away.
- Blood pressure and heart rate rise a little for most people, which is why they get checked at every appointment.

⚠ CALL YOUR PRESCRIBER OR GET HELP RIGHT AWAY IF

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

🚫 WHAT TO AVOID

- Do not drink alcohol on days you take it. You will not feel how drunk you are, and your heart is working harder.
- Energy drinks, extra coffee, and decongestant cold pills stack on top of this and cause jitters and a pounding heart.
- Never take it within **14 days** of an MAOI antidepressant, and mention it before any surgery or dental procedure.
- Baking soda and antacids make it last longer and hit harder, while acidic drinks shorten it. Ask before adding either.
- Passing pills to a friend, sibling, or classmate can seriously hurt them, and it is a crime. Keep the bottle locked.

⌚ STOPPING IT SAFELY

- No taper is required, but stopping suddenly after long steady use brings a few days of heavy tiredness, hunger, and low mood.
- Some families take planned breaks during summer or school holidays. Plan those with your prescriber, not on your own.
- This needs a fresh prescription every time, with no automatic refills. Call about a **week** ahead of running out.
- If it seems to stop working, call before changing anything. Poor sleep, a growth spurt, or the timing is often the reason.

❓ QUESTIONS TO ASK

- How many hours will this cover, and what should the evening look like?
- What should we do about the late-afternoon rebound if it gets hard?
- How will we keep an eye on appetite, weight, and growth?
- Where should I store this at home, and how do I dispose of extras?

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.