

Date: 02 October 2023

### **Nationwide ADHD Medication Shortages**

Dear Colleagues

We are experiencing current severe disruptions in the supply of ADHD medications nationally. NHS England have recently issued a National Patient Safety Alert which highlights supply disruptions for the following medications:

#### Methylphenidate:

- Equasym XL® 10, 20 and 30 mg capsules
- Concerta XL® 54 mg prolonged-release tablets
- Xaggitin XL® 18 and 36 mg prolonged-release tablets
- Xenidate XL® 27 mg prolonged-release tablets

#### Lisdexamfetamine:

- Elvanse® 20, 30, 40, 50, 60 and 70 mg capsules
- Elvanse® Adult 30, 50, and 70 mg capsules

#### Guanfacine:

- Intuniv® 1, 2, 3 and 4 mg prolonged-release tablets

In addition to the medications listed, we are currently experiencing a shortage of **atomoxetine**, and we are expecting this to last until February 2024.

Given the range of the medications effected by the disruption, it would not be possible to attempt to re-titrate patients on the few remaining alternatives, and the supply of these medicines are also likely to be disrupted as a consequence of the range of medicines already affected.

We would recommend that treatment for patients on **Xaggitin** (or **Concerta** 54mg) is changed to **Delmosart**. Delmosart, Xaggitin and Concerta are interchangeable and do not require cross-titration.

Otherwise, we recommend that treatment is paused for any patient taking an affected medication, and it can resume when supplies return. For patients on a high dose methylphenidate or lisdexamfetamine where treatment is paused, once medications are back in stock, recommencing on a lower strength, for example, a 50% dose for one week, is advised, but this is not an essential measure. Patients should be reassured that stopping and restarting stimulant medications abruptly is medically safe to do, but the impairment due to ADHD will return.

For patients on **guanfacine**, a dose reduction to 2mg or less is advised before discontinuing (due to the risk of rebound hypertension). Patients should be titrated onto their previous dose of guanfacine in increments, and so for these patients, please refer them to us and we can recommence them onto guanfacine once the stock issues are resolved.

If patients are complex, for example, if they have co-existing mental health problems, or they have a history of significant impairment as a result of ADHD, you can refer these patients to us for a specialist consultant review.

Please note: All active patients open to Psychiatry-UK, awaiting ADHD Medication initiation – these patients will not be discharged back to primary care and will be held on a waiting list until stocks are available to safely initiate treatment.

Kind regards

**Psychiatry-UK**