

A Guide for Parents

Information for parents and caregivers of children prescribed Meflynate® XL

You have been given this leaflet because your child has been prescribed Meflynate® XL as a treatment for Attention Deficit Hyperactivity Disorder (ADHD).



This leaflet should be used as a general guide to your child's treatment with Meflynate® XL. Please refer to the Patient Information Leaflet contained within the Meflynate® XL pack itself. In the event that you have further questions relating to your child's treatment that cannot be found within this leaflet or the pack Patient Information Leaflet, please ask your doctor or pharmacist.

What is ADHD?

ADHD is a medical condition thought to affect at least 3-9% of school-age children,¹ making it one of the most common developmental disorders in children. Children with ADHD may find it unusually difficult to concentrate, to pay attention, to sit still, to follow directions and to control impulsive behaviour.

Whilst all young children are at times distractable, restless and oblivious to parents' and teachers' instructions, children with ADHD behave this way much more often than other children their age. In addition, their inability to settle down, focus and follow through on tasks makes it very hard for them to do what's expected of them at school. It can also lead to conflict at home and difficulty getting along with peers.

What is Meflynate® XL?

Meflynate® XL is a medicine used for the treatment of ADHD in children aged 6 years and over as part of a comprehensive treatment programme. It is used only after treatments which do not involve medicine, such as counselling and behavioural therapy, and which have been insufficient. Treatment is always under the supervision of a specialist in childhood behavioural disorders.



How does the treatment work?

Methylphenidate, the active substance of Meflynate® XL, is thought to boost the levels of certain chemicals in the brain.² In children with ADHD, methylphenidate acts to correct the imbalances of these chemicals, which are thought to cause behavioural problems such as inattention, hyperactivity and impulsivity. Methylphenidate can help improve attention span, concentration and focus.

The medicine is given as part of a treatment programme, which usually includes:

- Psychological
- Educational
- Social therapy

How should you take Meflynate® XL?

Your child should always take this medicine exactly how your doctor has advised.

Typically, Meflynate® XL should be taken once daily in the morning and can be taken with or without food. The capsules can be swallowed whole or they can be opened and the contents sprinkled onto a small amount of soft food (e.g. apple sauce). In this case, the food should not be warmed as the temperature could impact the effects of the medication. The food and medicine mixture should be consumed immediately, in its entirety.³

Meflynate® XL capsules should not be crushed, chewed or divided.

How long does the treatment effect last?

Meflynate® XL is designed to last for up to 8 hours which is consistent with the school day.

If you notice that your child is having behavioural problems later in the day, or issues with disturbed sleep speak to your doctor and they can assess whether the dosage needs to be adjusted.

What are the side effects of Meflynate® XL?

With all medicines, there is a possibility of side effects. The most commonly occurring side effects of this medicine are decreased appetite, headache, feeling nervous, not being able to sleep, feeling sick and dry mouth. Refer to the Patient Information Leaflet inside the Meflynate® XL pack for a list of other possible side effects. If you have any concerns about unwanted side effects, please speak to your doctor.

Does the treatment need to be taken every day?

Yes, unless you have been advised otherwise by your doctor.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at <https://yellowcard.mhra.gov.uk/>

By reporting side effects, you can help provide more information on the safety of this medicine.

Reference:

- 1 National Institute for Health and Care Excellence, National Guidelines 87, 'Attention deficit hyperactivity disorder: diagnosis and management' March 2018 (updated September 19).
- 2 Methylphenidate: a medicine used to treat attention deficit hyperactivity disorder (ADHD) - NHS (www.nhs.uk).
- 3 Meflynate® XL, SmPC September 2023.

Support

ADDISS UK – Attention Deficit Disorder Information and Support Service

Helpline: 020 8952 2800

Email: info@addiss.co.uk

Web: www.addiss.co.uk

YoungMinds

Web: www.youngminds.org.uk