

Advice for Primary Care Regarding Current Supply Issues with ADHD Medications

Background

On 27 September a National Patient Safety Alert was issued to advise of national shortages of Methylphenidate prolonged-release capsules and tablets, Lisdexamfetamine capsules, and Guanfacine prolonged-release tablets. At present, the supply disruptions are expected to resolve at various dates between October and December 2023. Specialist teams initiating ADHD medication in Lancashire and South Cumbria have produced this document to advise colleagues in primary care of the actions that can be taken to support service users who are affected by the supply problems.

Medications affected:

Methylphenidate:

- Equasym XL® 30 mg capsules
- Xaggitin XL® 18 and 36 mg prolonged-release tablets
- Xenidate XL® 27 mg prolonged-release tablets

Lisdexamfetamine:

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

Guanfacine:

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

Please note that other ADHD products remain available but cannot meet excessive increases in demand and may not necessarily be clinically appropriate for all service users.

Current information about ADHD medication that is both available and out of stock is available on the Specialist Pharmacy Services website <https://www.sps.nhs.uk/articles/prescribing-available-medicines-to-treat-adhd/>

Initial actions for primary care:

- Identification of those likely to be affected using prescription data from the last 3 months. ICB funded pharmacists working in GP practices will be able to support with this.
- To make contact with the service user and establish if they have enough medication to last until the expected resolution date (NB: this is unlikely due to the majority of the medications being affected being schedule 2 controlled drugs which should not routinely be prescribed for more than 30 days at a time. PCN or practice pharmacists may be able to support with this.
- For service users identified who are being prescribed this medication by their GP under a shared care agreement please see the guidance below regarding individual medications.
- For any service users identified who are being prescribed the medication by the specialist ADHD, CAMHS, Learning Disability or Paediatrics service please direct the service user or their carer to contact the specialist team for advice using the contact information provided below

Advice regarding specific medications:

Guanfacine

- If two or more consecutive doses of Guanfacine are missed then there is a risk of re-bounce hypertension and tachycardia. Therefore, if it is not possible to gradually taper down the dose by 1mg every 4-7 days then monitoring of blood pressure and pulse is recommended.
- If the service user does not feel that they can manage having a break in medication then refer to the specialist ADHD service that initiated treatment for advice.

• Equasym XL® 30 mg capsules

- 10mg and 20mg capsules are now available and may be supplied by the community pharmacist to fulfil the prescription
- If the service user does not feel that they can manage having a break in medication then re-refer the service user to the specialist ADHD service that initiated treatment for advice.

Xaggitin XL® 18mg tablets

- In the first instance consider prescribing an alternative Methylphenidate formulation with an equivalent release profile (Affenid XL, Matoride XL, Xenidate XL, Delmosart PR, Concerta XL)*
- If these alternative options are also out of stock and the service user does not feel that they can manage having a break in medication then re-refer to the specialist ADHD service that initiated treatment for advice.

Xaggitin XL® 36mg tablets

- In the first instance, consider prescribing 2 x 18mg tablets instead.
- Alternatively, consider prescribing an alternative Methylphenidate formulation with an equivalent release profile (Affenid XL, Matoride XL, Xenidate XL, Delmosart PR, Concerta XL)*
- If these alternative options are also out of stock and the service user does not feel that they can manage having a break in medication then re-refer to the specialist ADHD service that initiated treatment for advice.

Xenidate XL® 27 mg prolonged-release tablets

- In the first instance consider prescribing an alternative Methylphenidate formulation with an equivalent release profile (Affenid XL, Delmosart PR, Xaggitin XL, Concerta XL)*. NB: Matoride XL not available as a 27mg tablet.
- If these alternative options are also out of stock and the service user does not feel that they can manage having a break in medication then re-refer the service user to the specialist ADHD service that initiated treatment for advice.

Lisdexamfetamine

- Consider issuing a generic prescription. The Elvanse and Elvanse Adult formulations are identical, the only difference being the patient information and product licensing.

- If the service user is having difficulty accessing medication and does not feel that they can manage having a break in medication then refer to the specialist ADHD service that initiated treatment for advice.

*Please note that the maximum licenced dose of Concerta XL is 72mg daily but for Affenid XL, Matoride XL, Xenidate XL, Delmosart PR, Xaggitin XL the maximum licenced dose is 54mg daily. The doses between the different preparations are equivalent i.e. 54mg daily of one preparation is equivalent to 54mg daily of another preparation.

Whilst the risk of stopping ADHD medications is generally considered low from a physical health perspective, there is the potential for significant psychological distress and many people rely on their medication to be able to function in an employment, education or social setting.

Should service users struggle with their mental health because of having to have a break from medication they can also access support via the 24-hour mental health crisis line. Trained mental health professionals staff the crisis line and are able to provide assessment and referrals to appropriate services.

Mental Health Crisis Line: 0800 953 0110

Specialist ADHD, Paediatrics & CAMHS Service Contact Information

Service Provider		Contact Information
Blackpool Teaching Hospitals NHS Foundation Trust	CAMHS	0800 121 7762 Option 1
	Primary Intermediate Mental Health Team (Mon – Fri 9-5)	01253 95122
	Initial Response Service (Adults)	0800 953 0110
	Panda (neurodiversity charity)	http://empowermentcharity.org.uk/panda/
East Lancashire Hospitals NHS Trust	Child and Adolescent Services (ELCAS)	01282 804806 between 08:00 - 17:00 Monday-Friday
	ELHT community neurodevelopmental paediatrics department	01282 803565 08:30 - 17:00 Monday-Friday
Lancashire and South Cumbria NHS FT (LSCFT)	Chorley & South Ribble CAMHS	01772 644 644
	Fylde & Wyre CAMHS	01253 957166
	Lancaster & Morecambe CAMHS	01524 550660
	Preston CAMHS	01772 777 344
	South Cumbria CAMHS	01225 408660



	West Lancashire CAMHS	01695 684 262
	Children's Community Learning Disability Service	01282 657126/657127
Private Providers	Modality	01744 457229
	Other private providers, please contact them directly using contact information provided in clinical correspondence	