

## Your ADHD Medication—Know, Check, Act!

Attention deficit hyperactivity disorder (ADHD) affects many Canadians. A variety of medications may be prescribed to help improve focus and behaviours. Sudden changes in medication or dosage can cause worsening symptoms or have other harmful effects. It can help to be aware that changes in focus or mood could be related to a medication mistake.

ISMP Canada has received reports of errors with medications used to treat ADHD. One example involved a person who received the wrong strength of their medication. They described having symptoms of “brain fog”, feeling jittery, and a loss of appetite. The person checked their pills and noticed that they looked different from usual. The person contacted the pharmacy and was then given the right strength of their medication.



### The following tips can help:

- ✓ **Know your medication:** ADHD medications come in different strengths, formulations, and brands. Know the names and doses of your medications and what they look like.
- ✓ **Take action with unexpected symptoms:** Unexpected worsening of your ADHD or the appearance of new symptoms might mean there was a mistake with your medication. If something seems wrong, contact your pharmacy or primary care provider right away.

Information about medications used to treat ADHD and more safety tips are available.

For adult ADHD: <https://www.camh.ca/en/professionals/treating-conditions-and-disorders/adult-adhd>

For pediatric ADHD: <https://caringforkids.cps.ca/handouts/behavior-and-development/medications-for-attention-deficit-hyperactivity-disorder>

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