

## Facts about Methylphenidate HCL (Apstensio XR)

- A CNS stimulant medication for ADHD.
- Studied with two well-designed RCT's in children ages 6-12: found to have consistent benefit over placebo during a 12-hour study period when used at doses of 20 and 40 mg.
- Comes as a "multilayered bead" preparation that gives a biphasic concentration time profile to provide both an initial release (40%) and a sustained release (60%).
- Can be given whole or sprinkled. Not affected significantly by food (but recommend consistent administration). If capsule is opened and sprinkled on food, the beads should not be chewed. Therefore, the recommendation is to sprinkle on food, as applesauce, that does not require chewing.
- Most common adverse reactions compared with placebo: Headache (10.9% versus 9.5%), Insomnia (9.8% versus 2.1%), Upper abdominal pain (8.2% versus 0), and Decreased appetite (4.9% versus 0).
- Comes in 10 mg, 15 mg, 20 mg, 30 mg, 40 mg, 50 mg and 60 mg preparations and it is recommended to start dosing at 10 mg daily. Doses at 60 mg have not been studied.
- Contraindicated in those with hypersensitivity to methylphenidate or those taking MAOI's and medication should be discontinued within 14 days of taking.
- As with other stimulant medications, it is recommended to screen for cardiac disease (i.e. perform careful history, family history of sudden death or ventricular arrhythmia, and physical exam).
- Educate about abuse, and monitor for signs of abuse and overdose.