



**EQUASYM<sup>®</sup> XL**  
Methylphenidate Hydrochloride  
Modified Release Capsules 10•20•30 mg

**Equasym XL  
and your child**

Information for parents and  
carers of children and  
adolescents who have been  
prescribed Equasym XL

**Reporting of side effects**

If your child gets any side effects, talk to their 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: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.

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



# Introduction



Your child has been prescribed Equasym XL (methylphenidate hydrochloride).

**This booklet tells you:**



- What Equasym XL is
- How to take it
- What to expect when taking it
- How it could help control the symptoms of attention-deficit hyperactivity disorder (ADHD)



**This leaflet does not replace the Patient Information Leaflet (PIL) provided with your child's medicine. Please always read the PIL carefully.**

# What is Equasym XL?

Equasym XL is used to treat ADHD. It is only used after trying treatments which do not involve medicines, such as counselling and behavioural therapy.

Equasym XL contains a medicine called methylphenidate hydrochloride, which helps improve the activity of certain parts of the brain, which are under-active in ADHD.

## Equasym XL can help:



- improve attention -



- improve concentration -



- reduce impulsiveness -

It is given as part of a comprehensive treatment programme, which usually includes psychological, educational and social therapy.

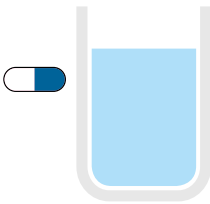
## How should it be taken?

Equasym XL comes in six different strengths. If your child is already taking traditional (immediate release) methylphenidate, their doctor may prescribe an equivalent dose of Equasym XL instead.

If your child has not taken methylphenidate before, their doctor will normally start treatment with traditional (immediate release) methylphenidate tablets. If their doctor feels it is necessary, methylphenidate treatment may be started with Equasym XL 10 mg once daily before breakfast. They may increase their dose later on. The maximum daily dose is 60 mg.

Equasym XL should be taken exactly as prescribed by your child's doctor. Always double-check anything you are unsure about with your child's doctor, pharmacist or nurse.

### There are two ways to take Equasym XL:



#### Option 1

Swallowed whole  
with water



#### Option 2

Opened and the entire contents  
sprinkled onto a tablespoon of  
applesauce, and eaten immediately,  
followed by a drink

## How long do the effects last?

Equasym XL is a 'modified release' form of methylphenidate, which releases the medicine gradually over a time period corresponding to the school day (8 hours). It is intended to take the place of the same total daily dose of traditional (immediate release) methylphenidate taken at breakfast and lunchtime.

## What if my child misses a dose?

Do not give your child a double dose to make up for a forgotten dose. If they forget a dose, wait until it is time for the next dose and get them to take it as normal.

## What if it doesn't work?

Ensure your child keeps taking Equasym XL as prescribed by their doctor. If your child doesn't feel any better or feels worse after 1 month of treatment, speak to their doctor. They may need a different treatment.

## What if my child takes too much?

If your child takes too much Equasym XL, talk to their doctor or call an ambulance straight away. Tell them how much they have taken.





## **Are there any side effects?**

Like all medicines, Equasym XL can cause side effects, although not everybody gets them. Your child's doctor will talk to you about these side effects.

Some side effects could be serious. The full list of side effects can be found in the Patient Information Leaflet supplied with Equasym XL.

If your child gets any of these side effects, see their doctor straight away.

The most common side effects (may affect more than 1 in 10 people) are headache, feeling nervous, and not being able to sleep.

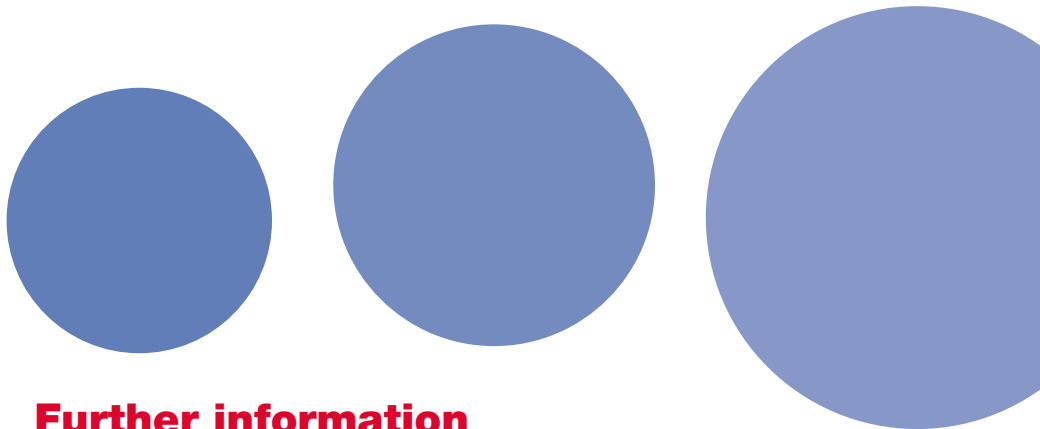
## **Will my child have to take it forever?**

Equasym XL does not need to be taken forever. If your child takes Equasym XL for more than a year, their doctor should stop treatment for a short time, this may happen during a school holiday. This will show if the medicine is still needed.

However, do not stop your child's treatment without first talking to their doctor.







## **Further information**

**If you have any questions or queries about this medicine, speak to your child's doctor, pharmacist or nurse.**