

# Alameda County Behavioral Health Care Services

## Drug Information Sheet: **Stimulants**

- [ ] dextroamphetamine (Dexedrine)
- [ ] amphetamine salts (Adderall)
- [ ] methylphenidate (Ritalin, Concerta, Metadate, Methylin)
- [ ] dexmethylphenidate (Focalin)
- [ ] pemoline (Cylert)

Stimulants are a class of medications that may help you overcome the difficulty you may have paying attention, being calm or following instructions. These medications can help you to be less distracted, concentrate better, and stabilize impulsive tendencies.

Like any medications, the stimulants can cause some side effects:

### ***Common***

poor appetite  
irritability  
rapid heart rate  
stomach upset  
difficulty falling asleep  
headache

### ***Less Common***

dizziness  
drowsiness  
nervousness  
blurred vision

### ***Rare***

muscle movements  
chest pain  
rash  
liver problems (pemoline)  
-fatigue  
-weakness

The stimulants need to be taken regularly in order to be most effective. Their benefits usually occur quickly, within 30-60 minutes. When you take a dose, you feel the benefits soon thereafter. If you miss a dose, you will not feel the benefits until you take that dose.

If you forget to take a dose, do NOT double-up on the next dose.

Try to take your last dose of the day before 4 PM, so that the dose will be less likely to interfere with your ability to fall asleep at bedtime.