

## National Supply Shortage of your prescribed ADHD medication

The department of Health and Social Care has alerted us that there is a national supply shortage of some of the medication prescribed to help manage ADHD symptoms. This shortage affects all ADHD services and pharmacies within the community and in hospitals. A&E does not have any stock of ADHD medicines.

The supply disruption is caused by a combination of manufacturing issues and an increased global demand. The disruptions are expected to resolve by January 2024.

### What should I do if I cannot get my ADHD prescription from the pharmacy?

If one pharmacy is unable to obtain supplies, please try a different pharmacy. Pharmacies may use different suppliers or wholesalers to source medicines so availability will depend on whether each pharmacy's suppliers have stock or not. Please note that supply levels can change quickly.

Alternatively, it may be best to leave the prescription (FP10) with a pharmacy that could check wholesaler stock levels daily and place an order. Speak to your community pharmacist.

### Is it safe to stop taking ADHD medication abruptly?

Consult your GP or ADHD service as soon as possible if you cannot get your prescription or if you think you are running out of medication for advice and guidance.

Treatments for ADHD are not a permanent cure but may help someone with the condition concentrate better, be less impulsive, feel calmer, and learn and practise new skills. Medication such as methylphenidate, dexamfetamine and lisdexamfetamine are stimulants. These work by increasing activity in the brain, helping to focus attention and reduces impulsive behaviour.

NICE guidelines recommend having regular treatment breaks from ADHD medications. It is not unusual to stop taking medication over the weekend or during school holidays. Therefore, no harm should come from stopping the medication, but this should be done in a planned way.

Atomoxetine and Guanfacine (Intuniv®) work slightly differently and will require help to reduce slowly. They are still safe to stop, but for example Guanfacine can increase your blood pressure if stopped too quickly. If you are prescribed Guanfacine or Atomoxetine please contact your ADHD specialist or GP.

### Are there alternative medications available?

Other ADHD products remain available, they may not be suitable for everyone and may not be able to meet the increases in demand.

We know how important getting your medicines is, especially if there are big events (for example exams) coming up. Your ADHD specialist or GP practice are happy to explain why getting your medicine may be difficult at the moment and what that will mean for your treatment.

Your ADHD specialist or GP practice may offer you the choice between taking a treatment break or changing your medication to one that is not currently affected by the supply shortage. Once the supply shortage has been resolved your medication will be changed back to the medicine you were previously on. If you have any questions, please do not hesitate to contact your GP practice or your specialist team.

The change in medication may mean you are taking medication more often through the day, or that they are tablets instead of capsules. Please be aware that there may still be delays at Pharmacies in obtaining the newly prescribed medication.

MPFT CAMHS Contact Details (Children and Adolescents)		NSCHT CAMHS Contact Details (Children and Adolescents)	
Stafford (09:00 – 5:00pm)	01785 221665	Dragon Square, Newcastle (09:00 – 5:00pm)	0300 790 0235
Tamworth (09:00 – 5:00pm)	01827 51183	South Stoke, Blurton (09:00 – 5:00pm)	0300 1230977
Burton-on-Trent (09:00 – 5:00pm)	01283 505820	North Stoke, Tunstall (09:00 – 5:00pm)	0300 123 0987
Litchfield (09:00 – 5:00pm)	01543 442012		
Cannock (09:00 – 5:00pm)	01543 479099		
MPFT Access Team (out of hours) <b>All ages</b>	0808 196 3002	<b>All age</b> Crisis Care Centre (out of hours)	0800 0328 728 (option 1)