NHS
Suffolk and
North East Essex

IMPORTANT INFORMATION ABOUT YOUR ADHD TREATMENT

You may have heard about a national shortage of some of the medicines used to treat ADHD. These supply problems are expected to resolve at various dates between October and December 2023.

How does this affect me/my child?

Although not all ADHD medicines are affected by this shortage, our records indicate that you/your child is currently being prescribed one or more of the medicines that are likely to be in short supply, or possibly unavailable.

What do I need to do?

The NHS is working hard to manage this shortage, but there are a few things that you can do to help us minimise the effect on you/your child:

Patients currently taking Xaggitin XL® tablets, Concerta XL® tablets, or Xenidate XL® tablets

1. Please only order your prescription when you have 10-14 days of your medicine left. It is important not to stockpile medicines. Your doctor will not be able to issue your prescription any earlier.
2. Be prepared for your medicine to look a little different to normal:
   - You may be asked to take different strengths of your medicine to make up the full dose.
   - If your usual medicine is not available, your GP should be able to give you a prescription for a different medicine that works in the same way and is still available - you should not experience any new side effects or changes in your ADHD symptoms.

     Please do not ring your GP practice to request an alternative medicine, your pharmacist will arrange this for you.
   - Any change to your medicine will be short-term, and only until the supply problems are resolved. Once supplies are readily available, you will be given the option to switch back to your original medicine or stay on the brand that you have been switched to.

Patients currently taking Equasym XL® caps, Elvanse® caps, Elvanse Adult® caps, or Intuniv® tabs

1. Please only order your prescription when you have 10-14 days of your medicine left. It is important not to stockpile medicines. Your doctor will not be able to issue your prescription any earlier.
2. Your GP cannot prescribe you an alternative medicine. If you have transport, you may wish to take your prescription to another pharmacy if your medicine is not available from your usual one. It is possible that another pharmacy will still have some of your medicine in stock, but this is unlikely.
3. If you are unable to get your medicine, please contact your specialist directly for advice on what to do next:
   - **East Suffolk and North Essex NHS Foundation Trust** (Colchester, Clacton, and Harwich hospitals):

     Tel: 07907 576486
   - **Essex Partnership University NHS Foundation Trust**:

     northessex.adultadhd@nhs.net (preferred method of contact)

     Tel: 01268 2435555 (please leave a message and we will get back to you as soon as we can)

- **NSFT Adult ADHD Services:**

  East Suffolk: Eastsuffolkadultadhdteam@nsft.nhs.uk or Tel: 01473 279200

  West Suffolk: adultadminadhdwest@nsft.nhs.uk or Tel: 01284 733 188

- **NSFT Children's ADHD Services:**

  East Suffolk: Admin.ChildrensADHDteam.EastSuffolk@nsft.nhs.uk or Tel: 01473 237070

  West Suffolk: ADHD.West@nsft.nhs.uk or Tel: 01284 733188

- **Community Paediatric service (West Suffolk Foundation Trust):**

  Tel: 01284 741744

If you are under the care of any other service, please contact your specialist directly.

4. While we wait for supplies of your medicine to become available again, you may need to change to a different treatment or management plan. Your specialist will discuss the options available to you and agree on the best way to manage your ADHD until your usual medicine is available again.