



Dublin South Central Adult ADHD Team- Discharge from Active ADHD Support and move to monitoring of stable treatment plan (where GP cannot assist with prescribing)

1 Discharge from active ADHD support

As discussed during your last clinic appointment, your ADHD support is now stable. You are benefiting from medication and have found the dose that works for you. You are being moved to the monitoring only part of the clinic. You are discharged from active treatment and will be moved to monitoring only appointments.

2 Monitoring appointments

If you want to continue to be prescribed medication it is important that every six months you get a blood pressure, pulse rate, weight and side effect from medications check completed. This is important for safe prescribing. The companies that make these medications require this. Every year it is also required that you attend an annual review.

Your GP has told us that they are not able to assist with prescribing and monitoring.
This means that appointments will be offered to you from the ADHD services until national agreements are made which support GPs prescribe.

It is important that you attend these appointments. As the service is under considerable pressure, we ask that if the date given to you for your appointment dose not suit that you let us know as soon as possible. Appointment dates are posted out six weeks in advance. A text message reminder is sent out 7 days and again at 72 hours before the appointment.

3 Why is monitoring needed

Stimulant medication and non stimulant medication for ADHD affect the **heart rate and blood pressure** control. They are generally safe but require monitoring to make sure things do not change.

Stimulant medications make your heart rate go faster and can cause your blood pressure to go higher; this is usually by a small amount. Non stimulants like atomoxetine also cause your blood pressure to rise. Guanfacine can result in a lowering of blood pressure.

Further information can be found on the following links:

Information on Pulse Rates



<https://www.bhf.org.uk/information-support/heart-matters-magazine/medical/ask-the-experts/pulse-rate>

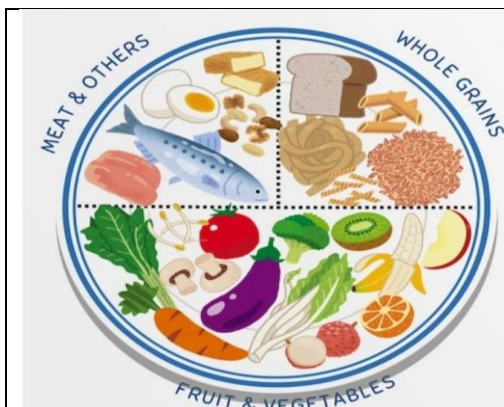
Information on Blood Pressure



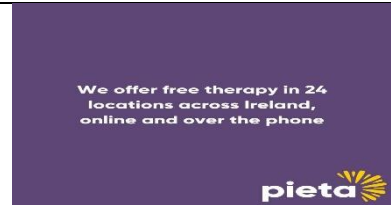
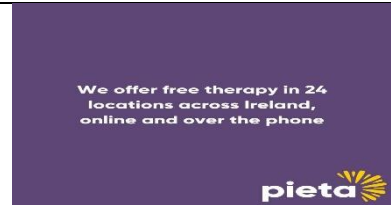
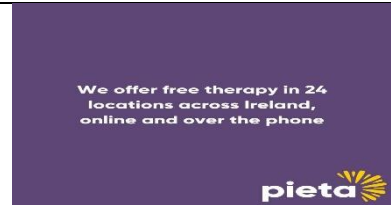
<https://www.bhf.org.uk/information-support/risk-factors/high-blood-pressure>

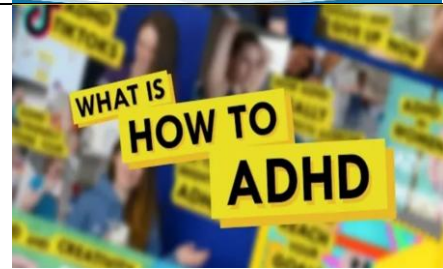
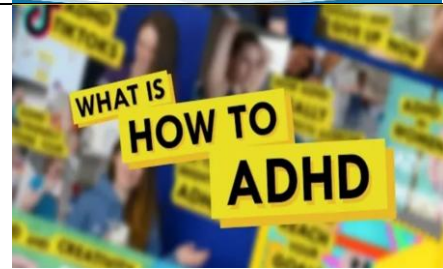
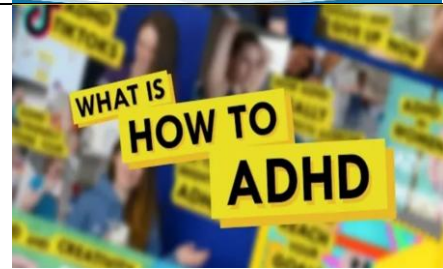
Weight also needs to be monitored. Stimulants can cause appetite suppression, and this can result in weight loss that can cause problems to healthy body and brain function.

Non stimulant medication can cause weight gain in some people.



<https://www.peacepathway.org/blog/a-healthy-mix-of-food-and-fluid>

4	What to do if the pharmacy does not have my ADHD medication		
	There have been global shortages of medication used to treat ADHD. If your pharmacy cannot get medications, check other pharmacies. If this is not successful it may be that your pharmacy can contact the manufacturers to access an emergency supply. If this is not successful you can contact the ADHD service. There are concerns with stopping Guanfacine (Intuniv) suddenly. It is usually safe to stop medications such as methylphenidate, Tyvense and axomoxetine without needing to reduce the dose first.		
5	Concerns about your mental health or physical health		
	If you have concerns about your mental health or physical health, you should discuss these with your GP in the first instance. Mental Health Support is available from: <table border="1"> <tr> <td>  </td><td> 24 hour crisis Helpline 1800247247 or text “HELP” to 51444 </td></tr> </table> A comprehensive list of organizations that provide mental health support is available on: https://www2.hse.ie/mental-health/services-support/supports-services/		24 hour crisis Helpline 1800247247 or text “HELP” to 51444
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6	What Happens Now				
	We will offer you six-month reviews from the adult ADHD. It is important that you attend this as it is a requirement for prescribing to be continued. Remember that looking after your sleep, diet and exercise and how you manage stress is as important as taking medications. In addition, using skills to help with focus and planning are very important. Further information on this can be obtained below: <table border="1"> <tr> <td data-bbox="255 741 699 1021">  </td><td data-bbox="821 741 1385 1021"> ADHD Ireland https://adult.adhdirl.ie </td></tr> <tr> <td data-bbox="255 1021 699 1288">  </td><td data-bbox="821 1021 1385 1288"> How to ADHD-YouTube </td></tr> </table>		ADHD Ireland https://adult.adhdirl.ie		How to ADHD-YouTube
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