



Dublin South Central Adult ADHD Team- Discharge from Active ADHD Support and move to monitoring of stable treatment plan (where GP can 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 annual review by the adult ADHD team with six month monitoring and prescribing from your GP.

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 able to assist with prescribing and monitoring.

This means that you should make an appointment with your GP for monitoring checks six months after your annual review by the adult ADHD team. Your GP will issue your prescriptions.

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 does 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 you 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 you 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
	Side effects of medications can also arise, and need reviewed to make sure the benefits of taking medication continue to be greater than the downsides.	
	Further information on your medication can be found below 	https://youthmed.info/
	As ADHD features and how they impact on you very much depend on your situation the ongoing need for medication should be checked each year. Monitoring will be provided by you GP in between your annual reviews by the adult ADHD service.	
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:			
		24 hour crisis Helpline 1800247247 or text “HELP” to 51444	
A comprehensive list of organizations that provide mental health support is available on: https://www2.hse.ie/mental-health/services-support/supports-services/			
6	Non-attendance at appointments or short notice cancellations		
We appreciate that things happen that can make it hard to attend appointments. If, however, you do not attend, and we do not hear from you we will need to discharge you completely from the service. Two non-attended or short notice cancellations of appointments in a row will also result in discharge. A short notice cancellation is when you advise us on the same day that you cannot attend. You can contact the service in the following ways			
Text message on 087 4496762			
Email DSouthCityAdultADHD@hse.ie			
Phone 087 4496762/ 01 7956144			

5	What will happen now?
We will offer you an annual review from the adult ADHD. It is important that you attend this as it is a requirement for prescribing to be continued. Your GP will provide prescribing. Your GP will provide the monitoring at the six month point in between annual reviews. If you have concerns about your prescribing, you should contact your GP in the first instance. 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:	
	ADHDIreland https://adult.adhdirl.ie
	How to ADHD-YouTube
Date of issue: 22/10/2025	
Date of review: 22/10/2026	