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PSYCHIATRY

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PATIENT EDUCATION

Lisdexamfetamine

Vyvanse / Generic capsules and chewable tablets

A guide for adults taking lisdexamfetamine.
Follow the directions on your prescription and your provider's recommendations.

ONCE DAILY, IN THE MORNING

CAPSULES OR CHEWABLES • FOLLOW YOUR BOTTLE

Formulations: Capsules and chewable tablets are taken once each morning. Kidney function may limit the dose.

What it is used for

Lisdexamfetamine treats ADHD and moderate to severe binge-eating disorder in adults. It is not approved for weight loss or treatment of obesity.

How it works

The body converts it to dextroamphetamine, which increases dopamine and norepinephrine signaling. The conversion influences duration but does not eliminate misuse, addiction, or overdose risk.

What to expect over time

Attention or wakefulness may improve on the day a dose is taken. Finding the right dose and duration of coverage usually requires follow-up over several weeks.

Track concentration, task completion, appetite, sleep, and mood. Feeling more alert is useful only if treatment also improves daily functioning.

Taking your medication

- Take in the morning with or without food. Avoid afternoon or evening doses.
- A capsule may be opened into water, orange juice, or yogurt according to the leaflet. Take the entire mixture immediately; do not divide or store it.
- Chew chewable tablets thoroughly before swallowing.
- Do not double a missed dose or take a late catch-up dose.

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Side effects and safety

Possible side effects

- Reduced appetite or weight loss
- Dry mouth, nausea, or headache
- Trouble sleeping, jitteriness, or irritability
- Increased pulse or blood pressure

Keeping track of treatment

Some side effects resolve with time; others may require a change of medication. Discuss persistent or bothersome side effects with your provider.

Have your blood pressure and pulse checked before starting and during treatment. Keep track of weight, sleep, appetite, and any new tics or mood symptoms.

Stimulants carry risks of misuse, addiction, and overdose. Physical dependence can also develop with prescribed use. Discuss any urge to increase the dose or use it differently.

If you take too much

For a suspected overdose, call Poison Control at **1-800-222-1222** immediately, even if you feel well. Call 911 for a seizure, collapse, trouble breathing, or inability to wake.

Before you start

Discuss heart disease, fainting, high blood pressure, family history of sudden death, seizures, tics, bipolar disorder, psychosis, and substance use.

Discuss pregnancy, pregnancy plans, and breastfeeding with your provider. Treatment decisions should consider both the medication and the condition being treated.

Medicines and interactions

Review all your medications with your provider, including over-the-counter medicines and supplements. Have new medications checked before taking them.

Do not take with an MAOI or within 14 days after stopping one. Linezolid and IV methylene blue also require review.

Decongestants, other stimulants, and large amounts of caffeine can raise pulse or blood pressure. Certain antidepressants and other serotonergic medicines can add risks.

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LISDEXAMFETAMINE / 03

Living with your treatment

When to get help

Emergency symptoms. Get emergency care for chest pain, fainting, a seizure, severe breathing trouble, or stroke symptoms. Fever with confusion and stiff or twitching muscles may be serotonin syndrome.

Prompt medical advice. Contact your provider right away for hallucinations, paranoia, or unusually high energy with little need for sleep. Report painful or discolored fingers or toes.

If you feel unsafe or have thoughts of self-harm, call 911 or go to an emergency department.

Your questions answered

Should I feel different as a person?
Treatment should make it easier to manage symptoms. Feeling emotionally flat, unusually driven, or persistently irritable is a reason to review the dose.

Can I stop or take breaks?
Consult with your provider. Symptoms can return, and fatigue or low mood may follow stopping. A planned schedule works better than changing doses from day to day on your own.

Everyday tips

Eat regularly even when you feel less hungry. Keep a consistent sleep schedule.

Use reminders and practical ADHD supports alongside medication. Extra doses should never replace sleep.

Keep your supply locked away and do not share it. Tell testing clinicians about your prescription.

Storage and safety

Keep medication in its labeled container, away from excess heat and moisture and out of reach of children and pets. Do not share it. Ask a pharmacy about disposal of unused medication.

Sources

MedlinePlus: Lisdexamfetamine

Educational handout; does not replace your prescription or provider's recommendations.