Starting a stimulant

Your medication should work for you.

Start simple. Notice what changes. Build a plan that fits your day.

01 TWO FAMILIES. DIFFERENT DELIVERY SYSTEMS.

Methylphenidate family

Examples: Ritalin, Concerta, Focalin (dexmethylphenidate), Azstarys.

Amphetamine family

Examples: Adderall (mixed amphetamine salts), Vyvanse (lisdexamfetamine).

IR = immediate release; **ER/XR** = extended release. Some products delay release or combine release patterns. Duration and tolerability depend on the product, dose and person; neither family is always gentler or longer-lasting.

What is a prodrug? Your body converts it into active medication. Vyvanse becomes dextroamphetamine; Azstarys combines a dexmethylphenidate prodrug with immediate-release dexmethylphenidate. They are not dose-equivalent. A prodrug does not guarantee a crash-free day.

02 TRACK THREE TIMES

TAKEN	STARTS HELPING	WEARS OFF
Time: _____	Time: _____	Time: _____

Log several days: medication + dose, focus/task initiation, mood, meals and sleep.
This estimates your useful coverage window, not your exact metabolism.

03 FEED YOURSELF ON PURPOSE

Stimulants can turn down hunger cues. **Eat regularly even when you are not hungry.** Plan breakfast, set lunch reminders, keep easy snacks nearby and drink water.

Try yogurt + fruit, cheese + crackers, or nuts + a banana. Under-eating and dehydration can contribute to irritability, headache or dizziness. Symptoms alone do not confirm low blood sugar.

Report persistent dizziness, mood changes, weight loss or trouble eating.

04 FIND THE GAPS. THEN ADJUST.

Think of symptom coverage like Swiss cheese: **what is helping, and where are the holes?** Notice when support is missing at work, at home or during daily tasks.

At Mindsett, we start with a simple plan and review your response before adding complexity. We may adjust the dose, timing or formulation, or later consider an IR booster. Never add doses on your own.

Report a wear-off "crash," anxiety or sleep problems. Coverage should support your life while protecting sleep.

VITAMINS, CITRUS & YOUR PRESCRIPTION

Citric acid does not reliably halve a stimulant dose. Vitamin C supplements can affect amphetamine levels. Ask your pharmacist about your specific product; Vyvanse capsules may be mixed with orange juice.

Safety: Take only as prescribed; store securely and never share. Keep blood pressure, pulse and weight checks. Seek urgent care for chest pain, fainting or new hallucinations; call 911 for severe symptoms. Read your medication guide for full precautions.

Sources: DailyMed (Vyvanse; Azstarys), NICE NG87. • Draft for clinician review | September 2026