MINDSETT

PATIENT EDUCATION

Clear information. Confident choices. Better care.

STIMULANT MEDICATION GUIDE

Practical tips for safer, steadier ADHD treatment

START WITH THE BASICS

- Take your medication exactly as prescribed and at the same time each day. Do not add a dose, split a dose, or double up unless your prescriber tells you to.
- Know your exact product. Food instructions differ across amphetamine and methylphenidate products - even when the brand names sound similar.
- Use one pharmacy when possible. Keep an updated list of medicines, vitamins, supplements, caffeine, nicotine, and decongestants.

FOOD, PROTEIN & TIMING

- Eat before the medicine lowers your appetite. A simple breakfast with protein plus carbohydrates can help: eggs and toast, Greek yogurt and fruit, or a protein shake and banana.
- Protein supports nutrition and steadier energy, but it does not 'activate' a stimulant. Regular meals matter more than chasing a perfect protein number.
- If lunch disappears from your brain, schedule it. Use alarms, pack easy foods, and eat by the clock - not only when hunger shows up.
- A high-fat meal may delay the peak of some extended-release stimulants. It does not reliably make them stronger, and a fatty meal the night before is not a universal fix.

THE CITRIC ACID REALITY CHECK

AMPHETAMINE CLASS

Acidifying agents can lower amphetamine levels, but ordinary citrus does not automatically cancel a dose. Vyvanse may be mixed with orange juice. Follow your exact label and ask before timing vitamin C or acidifying supplements around your medicine.

METHYLPHENIDATE CLASS

Citric acid and vitamin C do not have the same established interaction. Food directions still vary by product, so use the instructions for your exact formulation.

APPETITE & HYDRATION

- Stimulants can quiet hunger cues. Plan three eating times plus a snack. Choose compact calories when needed: nuts, cheese, avocado, yogurt, smoothies, or nut-butter toast.
- Keep water visible and sip regularly. Dry mouth does not always mean dangerous dehydration, but headache, dark urine, dizziness, or very little urination means your body needs attention.
- Weigh yourself only as directed. Tell your prescriber about ongoing weight loss, skipped meals, vomiting, or restrictive eating patterns.
- Go easy on caffeine and energy drinks. Combining stimulants can worsen racing heart, shakiness, anxiety, sweating, and sleep problems.

SLEEP & DAILY TRACKING

- Take morning products early enough to protect sleep. Do not move a dose later or add a booster without discussing it first.
- Track five things for 1-2 weeks: dose time, focus, appetite, mood, sleep, and when the medicine seems to wear off. Bring the pattern - not one weird Tuesday - to follow-up.
- A crash, irritability, anxiety, feeling flat, or hyperfocus can mean timing, dose, formulation, sleep, or nutrition needs review. It is useful data, not a personal failure.

CALL US / GET URGENT HELP

- Contact your prescriber for persistent insomnia, marked appetite or weight change, worsening anxiety, mood changes, palpitations, or numb/cold/painful fingers or toes.
- For chest pain, fainting, severe shortness of breath, seizure, new hallucinations, extreme agitation, or marked behavior changes: go to urgent care or the emergency room. Call 911 for immediate danger.
- If you are thinking about hurting yourself or someone else, go to the emergency room or call/text 988 for crisis support. Call 911 if danger is immediate.

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Education only - not a substitute for your individual treatment plan. Do not change medication timing or dosing without your prescriber.

Sources: current FDA-approved prescribing information via DailyMed (amphetamine, lisdexamfetamine, methylphenidate products). Reviewed September 2026.