



THINGS YOU NEED TO KNOW  
**ABOUT VYVANSE®**

THIS BOOKLET IS INTENDED ONLY FOR PEOPLE  
WHO HAVE BEEN PRESCRIBED VYVANSE





# Introduction

Your doctor has just prescribed you VYVANSE (pronounced VI-vāns). VYVANSE is used to treat Attention Deficit Hyperactivity Disorder (ADHD). Whether you have just been diagnosed with ADHD or your diagnosis was made a while ago, you probably have some questions about your treatment. Having a better understanding of your treatment plan may also help you feel more involved in the decisions that need to be made about your diagnosis.

This booklet provides an overview of VYVANSE, what it is, and how it is taken. It contains information that may help you understand what to expect from your treatment. However, it cannot take the place of talking to your doctor about ADHD and treatment options. If you have any questions about the benefits and risks of VYVANSE, contact your doctor or pharmacist.

This booklet is not a replacement for the VYVANSE Consumer Medicine Information. Prior to starting VYVANSE treatment, you should read the VYVANSE Consumer Medicine Information leaflet, which is included in the box with your VYVANSE or may be provided to you by your doctor or pharmacist. You can also access a copy from the Shire website at <http://www.shireaustralia.com.au/documents/Vyvanse-CMI.pdf> or by contacting Shire on 1800 012 612.

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## **What is VYVANSE?**

VYVANSE is a medicine used to treat ADHD. The main ingredient in VYVANSE is called lisdexamfetamine dimesilate (pronounced lis-DEX-am-FET-a-meen dye-MES-i-late.)

When you take VYVANSE, it does not start working until it is absorbed from the gastrointestinal tract and converted in the blood to the active drug, which is called dexamphetamine.

## **How can VYVANSE help with ADHD?**

VYVANSE is a central nervous system stimulant that increases attention and decreases impulsiveness and hyperactivity associated with ADHD.

Your doctor may prescribe VYVANSE as part of a total treatment program for ADHD, which may include other options, such as psychological, educational and social programs. For more information on these programs, please speak with your doctor.

## **When is the best time to take VYVANSE?**

It is recommended to take VYVANSE once a day, first thing in the morning. Avoid taking VYVANSE in the afternoon or evening, as that can make it hard to get to sleep.

## How is VYVANSE taken?

Take VYVANSE exactly as your doctor has told you. The directions from your doctor might differ from the information contained in this book.

Swallow the VYVANSE capsule whole, with or without food.

If swallowing a capsule is difficult, the VYVANSE capsule may be opened and all the powder poured into water. This should be stirred until completely mixed, and the solution swallowed right away.

There is no need for concern if a film or residue is left in the glass afterwards, as this is not the active ingredient.

### If you have trouble swallowing capsules:



1. Open your VYVANSE capsule and pour the powder into a glass of water.

- Use all of the powder from the capsule, so you get all of the medicine.

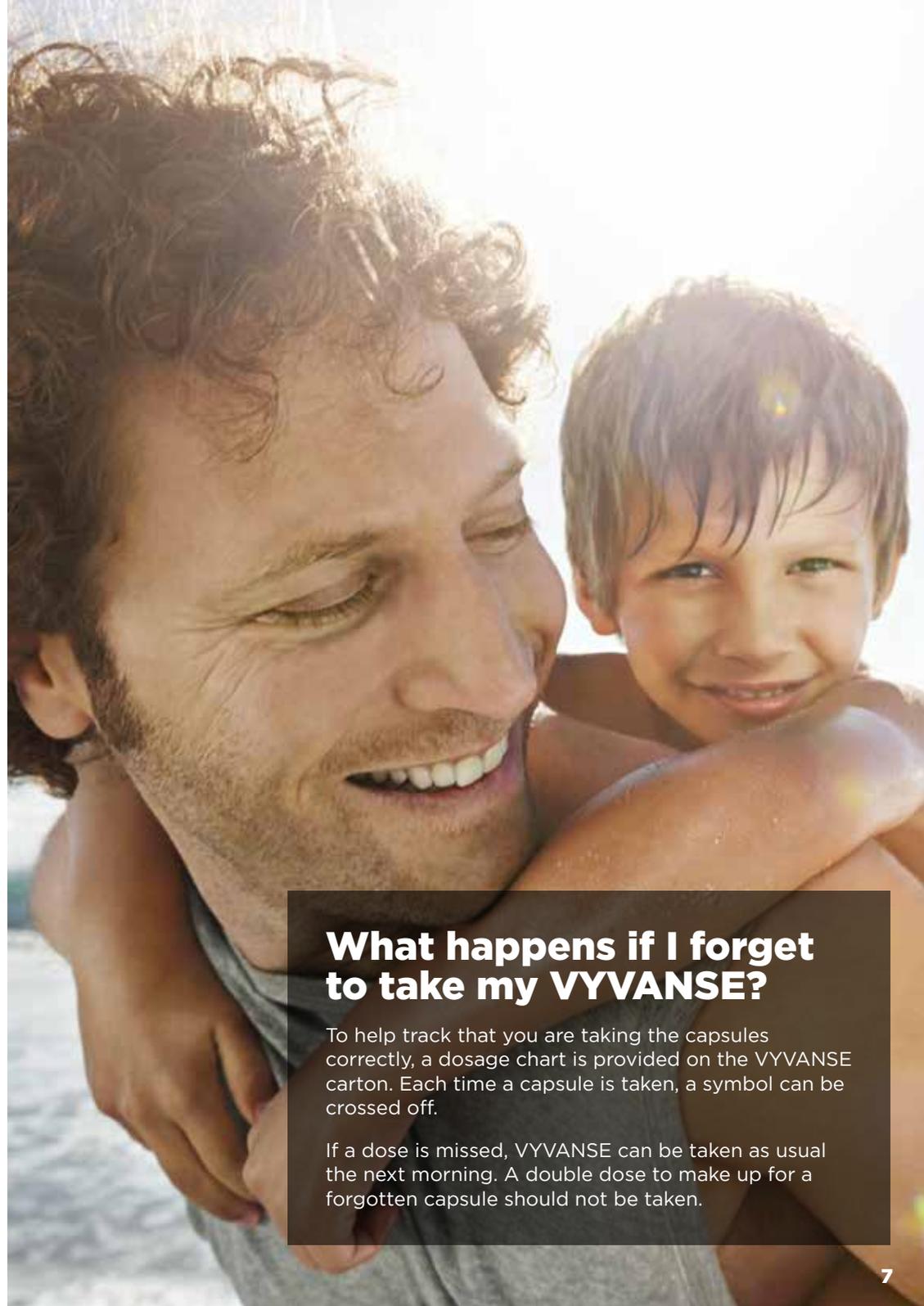


2. Using a spoon, break apart any powder that is stuck together. Stir the powder and water until they are completely mixed together.



3. Drink the entire glass of water right away after mixing. Do not store it.

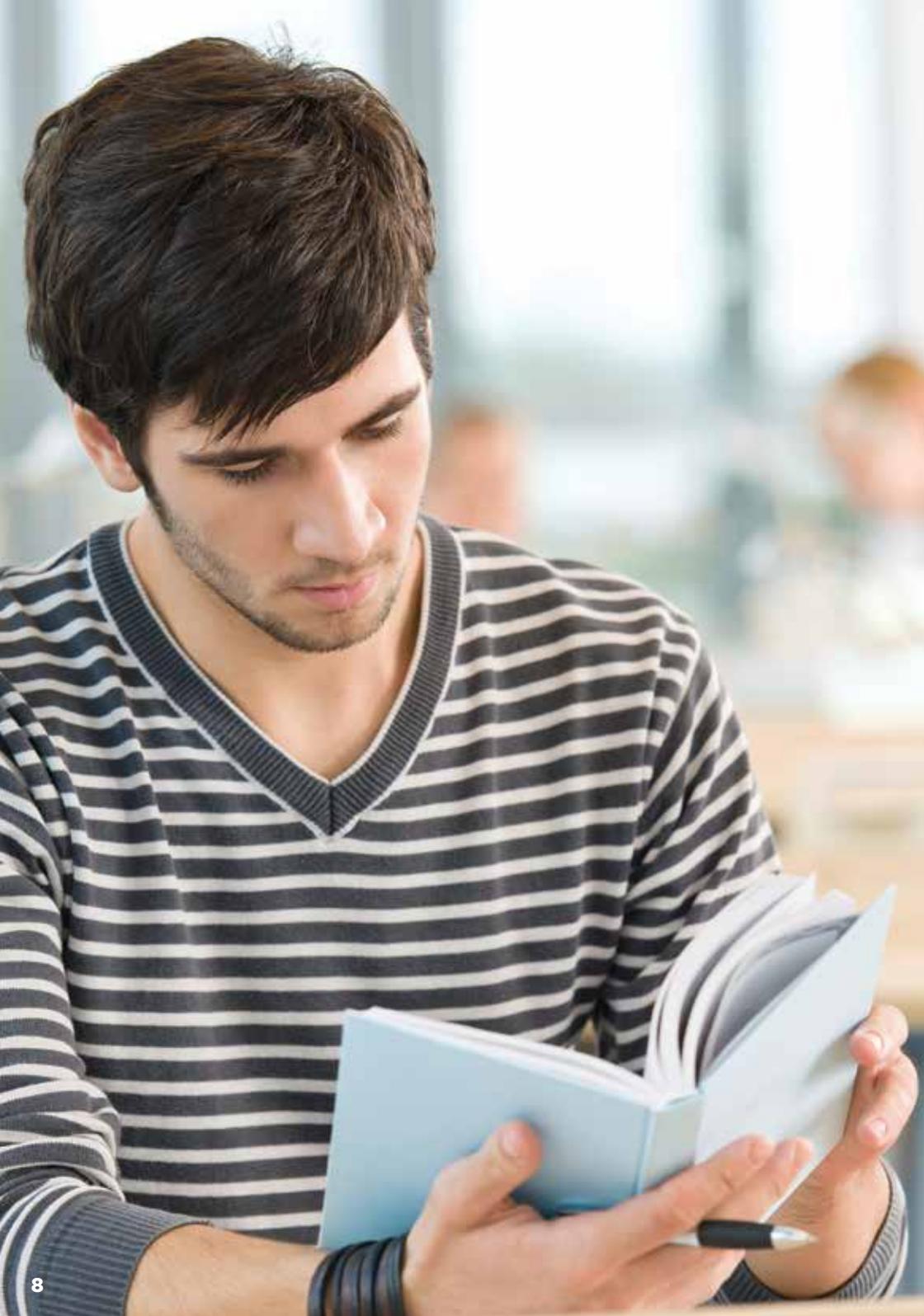
- Don't worry if there is a film or residue left in the glass afterwards – this is not the active ingredient.



## What happens if I forget to take my VYVANSE?

To help track that you are taking the capsules correctly, a dosage chart is provided on the VYVANSE carton. Each time a capsule is taken, a symbol can be crossed off.

If a dose is missed, VYVANSE can be taken as usual the next morning. A double dose to make up for a forgotten capsule should not be taken.



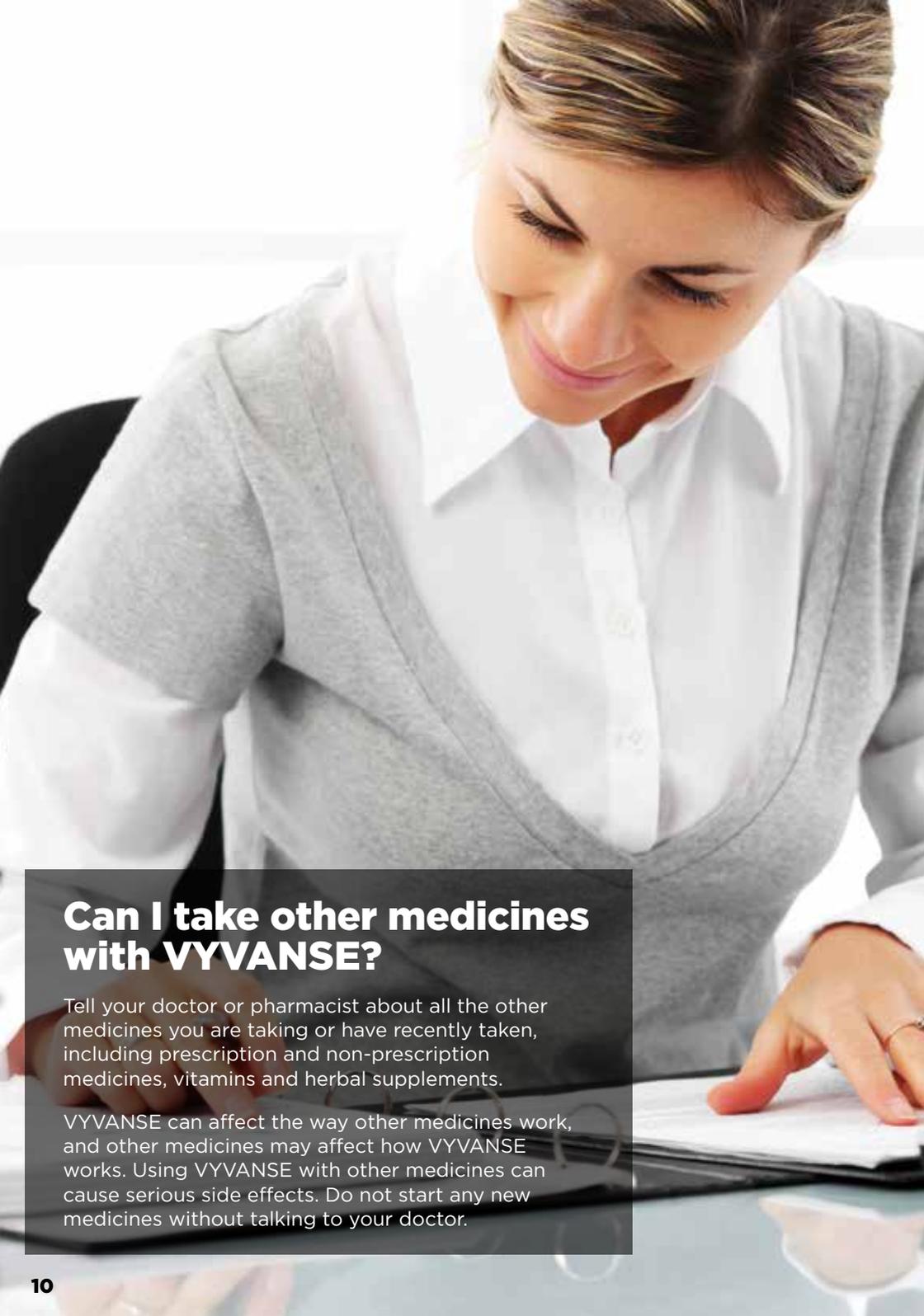
## Does VYVANSE have any side effects?

Like all medicines, VYVANSE may cause some side effects. Sometimes they are serious, but most of the time they are mild and temporary. Do not be alarmed by this list of possible side effects. You may not experience any of them. Tell your doctor or pharmacist as soon as possible if you feel unwell whilst taking VYVANSE. Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following and they worry you: decreased or loss of appetite; trouble sleeping; headache; dry mouth; weight loss; upper belly pain; agitation, anxiety, aggression, affect lability, irritability, feeling jittery, feeling tired, feeling sleepy; dizziness, restlessness, excessive motor activity with or without feelings of restlessness, tic, tremor; rapid heartbeat (tachycardia), palpitations, increased blood pressure; nausea, vomiting, diarrhoea; involuntary clenching or grinding of the teeth; rash, fever, shortness of breath; excessive sweating; excessive widening of the pupil; decreased sex drive, erectile dysfunction.

Tell your doctor immediately or go to Accident and Emergency at your nearest hospital if you develop serious side effects. For a full list of serious side effects, please refer to the Consumer Medicine Information leaflet in the box with your VYVANSE, or you can access a copy from the Shire website at <http://www.shireaustralia.com.au/documents/Vyvanse-CMI.pdf>

Like all stimulants, VYVANSE may become habit forming and can be abused by some people. If it is taken correctly as instructed by your doctor, this should not happen, either now or later in life. However, VYVANSE is a controlled substance and should be handled responsibly. It is illegal for anyone prescribed VYVANSE to sell or give it to other people.



## Can I take other medicines with VYVANSE?

Tell your doctor or pharmacist about all the other medicines you are taking or have recently taken, including prescription and non-prescription medicines, vitamins and herbal supplements.

VYVANSE can affect the way other medicines work, and other medicines may affect how VYVANSE works. Using VYVANSE with other medicines can cause serious side effects. Do not start any new medicines without talking to your doctor.

## Where should I keep VYVANSE?



**Keep the capsules in the bottle until it is time to take them. Keep medicines where children cannot see or reach them.** A locked cupboard at least one-and-a-half metres (1.5m) above the floor is a good place to store medicines.



**Store VYVANSE in a cool, dry place where the temperature is ideally below 25°C. Keep the container tightly closed.** Do not store VYVANSE or any other medicines in the bathroom or near a sink. Do not leave medicines in the car or on window sills. Heat and dampness can destroy medicines.

Keep VYVANSE in a safe place to prevent misuse and abuse. Also return any unused capsules to your pharmacy to safeguard against them being taken by anyone else.

## What may happen during appointments while I'm taking VYVANSE?

Your doctor may want to do regular checks of your blood, heart, blood pressure and pulse. Children should have their height and weight checked often while taking VYVANSE. Be sure to keep all doctors' appointments so you can ask questions and track your progress. From time to time, your doctor may stop VYVANSE treatment for a while to check your ADHD symptoms.



## Where can I find more support?



Your doctor is a great source of support. Remember to always talk to your doctor about how you are feeling when taking VYVANSE. You can also ask your doctor to provide you with more information on patient resources to assist with ADHD treatment. If you have any questions about VYVANSE or ADHD, please speak with your doctor.

Reference: VYVANSE CMI, December 2013.

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ABN 29 128 941 819. Date of last revision: September 2015  
AUS/LO/VYV/14/0018(1) SHI045