



ADD/ADHD MANAGEMENT GUIDELINES

Your child has been diagnosed with **Attention Deficit (Hyperactivity) Disorder (ADD/ADHD)**. This disorder is treated with a variety of medications, many which are controlled substances. In order to avoid any confusion, our providers follow these guidelines for treatment and prescription refills:

- 1.** Each child must have follow-up appointments every three months, or as requested by the provider. This allows us to assess your child's response to the medication, to look for any adverse side effects, and to see if anything else needs to be done to improve your child's quality of life (e.g., evaluation for learning disability, consultation with psychologist, etc.).
- 2.** It is important for the physician to continue to monitor your child's growth and vital signs (blood pressure, heart rate) while he/she is on medications. Visits are more frequent at the start of a new medication or a dosing change.
- 3.** We cannot refill any medication if the child has not been in for scheduled recheck appointments. The Federal Government (FDA) expects close follow-up of individuals on these controlled medications and may revoke a physician's prescribing license if scripts are written without follow-up visits.
- 4.** A well exam is required yearly. These preventative visits are already quite complex. The ADHD and well visits will not be combined. Most insurances will only reimburse the physician for either a well visit, or an ADHD follow up, never for both.
- 5.** Psychostimulants used in the treatment of ADHD (Ritalin, Adderall etc), are controlled substances closely regulated by FDA. These prescriptions cannot be called or faxed to any pharmacy, and they are hand written by our providers on specially ordered, tamper-proof prescriptions. Please request your child's medicine refill when you still have 3-5 pills left, and allow our providers 24-48 business hours to prepare your prescription(s).
- 6.** If a prescription for a stimulant medication is lost, stolen or discarded, it may not be reprinted at this office until the next scheduled follow-up. Please ensure safe keeping of these closely regulated prescriptions.
- 7.** Medication dosage cannot be increased without checking with the physician first. In some instances, if you feel the medication needs to be increased your child will need to be seen by their physician.
- 8.** A parent or guardian should give all medications. Some teens share their ADHD medicine with their peers, or even sell it. Keep a good track of their taking the medicine as planned. Please store and lock all medications that are in your home, away from a child's reach.