

Adderall (Amphetamine/Dextroamphetamine) Instant Release Tablets — Patient Information Handout

What Is Adderall IR?

Adderall IR (instant release) is a prescription medication that contains a combination of amphetamine and dextroamphetamine salts. It is a central nervous system (CNS) stimulant used to treat:

- **Attention-Deficit/Hyperactivity Disorder (ADHD)** — helps improve focus, attention, and impulse control
- **Narcolepsy** — helps reduce excessive daytime sleepiness

Adderall IR is a **Schedule II controlled substance**, meaning it has a high potential for misuse and dependence. It should only be used as prescribed by your healthcare provider.

How to Take This Medication

- **Take the first dose when you wake up in the morning.**
 - If your provider prescribes more than one dose per day, take additional doses **4 to 6 hours apart**.
 - **Avoid taking doses late in the evening**, as this can cause difficulty sleeping.
 - Tablets can be taken with or without food.
 - Take exactly the dose your provider prescribes. Do not increase or decrease your dose on your own.
 - Do not stop taking this medication suddenly without talking to your provider.
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Common Side Effects

Most side effects are mild and may improve as your body adjusts to the medication:

- **Decreased appetite and weight loss**
- Dry mouth or unpleasant taste
- Difficulty sleeping (insomnia)
- Headache
- Stomach pain or nausea
- Nervousness or restlessness
- Increased heart rate or palpitations

Tip: Eating regular meals and snacks — even when you are not hungry — can help manage appetite loss. Staying well hydrated is also important.

Serious Side Effects — Contact Your Provider Right Away

Seek medical attention if you experience any of the following:

- **Chest pain, shortness of breath, or fainting** — may indicate a heart problem
- Fast or irregular heartbeat
- New or worsening mental health symptoms, such as hearing voices, seeing things that are not there, paranoia, mania, or severe anxiety
- Numbness, pain, or color changes (pale, blue, or red) in your fingers or toes (signs of circulation problems, including Raynaud's phenomenon)
- Seizures
- Severe skin rash, blistering, or peeling

- Signs of an allergic reaction: swelling of the face, lips, tongue, or throat; difficulty breathing; hives
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Important Safety Information

Do NOT take Adderall IR if you:

- Have heart disease, uncontrolled high blood pressure, or hardening of the arteries
 - Have an overactive thyroid (hyperthyroidism)
 - Have glaucoma
 - Are in an agitated state or have severe anxiety
 - Have a known allergy to amphetamines
 - Are taking or have taken a monoamine oxidase inhibitor (MAOI) within the last 14 days — this includes medications such as phenelzine (Nardil), tranylcypromine (Parnate), selegiline (Emsam), and the antibiotic linezolid (Zyvox)
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Drug Interactions

Tell your healthcare provider about ALL medications you take, including over-the-counter drugs and supplements. Important interactions include:

- **MAO inhibitors** — must not be used within 14 days of Adderall (risk of dangerously high blood pressure)
- **Antidepressants** (SSRIs, SNRIs, tricyclics, triptans) — increased risk of a serious condition called serotonin syndrome (symptoms include agitation, confusion, rapid heartbeat, high body temperature, muscle stiffness)
- **Antacids and alkalinizing agents** (e.g., sodium bicarbonate) — can increase the effects of Adderall and should be avoided
- **Acidifying agents** (e.g., vitamin C in high doses, certain fruit juices) — may reduce the effectiveness of Adderall

- **Blood pressure medications** — Adderall may reduce their effectiveness
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Lifestyle Tips While Taking Adderall IR

- **Monitor your blood pressure and heart rate** as recommended by your provider.
 - **Maintain a regular eating schedule.** This medication can suppress your appetite, so plan meals and snacks even if you do not feel hungry.
 - **Avoid caffeine in excess,** as it may worsen side effects like jitteriness, rapid heartbeat, and insomnia.
 - **Get regular sleep.** Take your last dose early enough in the day to avoid sleep disruption.
 - **Do not drink alcohol** without discussing it with your provider, as it may worsen side effects.
 - **Do not share your medication** with anyone else. It is illegal and dangerous.
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Storage and Safety

- Store in a **secure, locked location** to prevent misuse or theft.
 - Keep at room temperature, away from moisture and heat.
 - Dispose of unused medication properly — ask your pharmacist about drug take-back programs.
 - Keep out of reach of children.
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When to Call Your Provider

Contact your healthcare provider if you:

- Feel the medication is not working or is causing bothersome side effects
- Experience mood changes, depression, or unusual thoughts
- Notice changes in your heart rate or blood pressure
- Have questions about your dose or how to take the medication

In case of emergency or suspected overdose, call 911 or Poison Control at 1-800-222-1222.

This handout is for informational purposes only and does not replace the advice of your healthcare provider. Always follow your provider's instructions regarding your medication.