

Cotempla XR-ODT (Methylphenidate) — Patient Information Handout

What is Cotempla XR-ODT?

Cotempla XR-ODT is a prescription medicine used to treat Attention Deficit Hyperactivity Disorder (ADHD) in children and adolescents ages 6 to 17. It contains methylphenidate, a stimulant medication that helps improve focus, attention, and impulse control. It is an orally disintegrating tablet (ODT), which means it dissolves on your tongue — no water is needed.

How to Take Cotempla XR-ODT

- Take it **once daily in the morning**, with or without food. Be consistent — always take it with food or always without food.
 - **Do not** remove the tablet from the blister pack until you are ready to take it.
 - Open the blister pack by **peeling back the foil** — do not push the tablet through the foil.
 - Use **dry hands** to handle the tablet.
 - Place the **whole tablet on your tongue** and let it dissolve. Do not chew or crush it.
 - The tablet will break apart in your saliva so you can swallow it easily. No liquid is needed.
 - Do not store a tablet outside of its blister pack for later use.
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Common Side Effects

These side effects are common and often improve over time. Let your doctor know if they bother you or do not go away:

- Decreased appetite or weight loss
- Headache

- Stomach pain
 - Trouble sleeping (insomnia)
 - Nausea or dry mouth
 - Feeling jittery or anxious
 - Dizziness
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Serious Side Effects — Contact Your Doctor Right Away If You Notice:

- **Heart problems:** Chest pain, shortness of breath, fainting, or a fast or irregular heartbeat
 - **Mental health changes:** New or worsening anxiety, agitation, aggression, hallucinations (seeing or hearing things that are not there), paranoia, or mood swings
 - **Circulation problems:** Numbness, pain, skin color changes (pale, blue, or red), or unexplained wounds in fingers or toes (this may be a sign of Raynaud's phenomenon)
 - **Priapism:** An erection that is painful or lasts longer than 4 hours — seek emergency help immediately
 - **Seizures:** New or worsening seizures
 - **Slowed growth:** Your doctor will monitor your child's height and weight regularly
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Important Warnings

- Cotelpla XR-ODT is a **controlled substance** (Schedule II) because it can be misused or lead to dependence. Take it only as prescribed. Never share it with others.
- **Do not take** if you are allergic to methylphenidate or any ingredient in the tablet.

- **Do not take** if you are currently taking or have taken a monoamine oxidase inhibitor (MAOI) within the last 14 days. Examples include selegiline, phenelzine, and tranylcypramine.
 - Tell your doctor about **all other medications** you take, especially blood thinners (e.g., warfarin), seizure medicines, antidepressants, and blood pressure medicines, as methylphenidate may affect how they work.
 - If your child is scheduled for **surgery**, tell the surgeon that your child takes this medication, as it may interact with certain anesthetics.
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Storage

- Store at room temperature (68°F to 77°F / 20°C to 25°C).
 - Keep in the original blister pack until ready to use.
 - Keep out of reach of children.
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When to Call Your Doctor

- Side effects that are severe or do not go away
- No improvement in ADHD symptoms after one month
- Any signs of a serious side effect listed above

In an emergency, call 911 or go to the nearest emergency room.

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