

# Focalin XR (Dexmethylphenidate) – Patient Medication Guide

## What Is Focalin XR?

Focalin XR (dexmethylphenidate) is a long-acting prescription medication used to treat Attention Deficit Hyperactivity Disorder (ADHD). It belongs to a class of medications called stimulants. It works by helping to improve focus, attention, and impulse control.

Focalin XR is approved for children ages 6 and older and for adults.

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## How to Take Focalin XR

- Take **one capsule by mouth each morning**, with or without food.
  - Swallow the capsule whole. **Do not crush or chew** the beads inside.
  - If swallowing capsules is difficult, the capsule may be opened and the entire contents sprinkled onto a spoonful of applesauce. Eat the applesauce right away — do not save it for later. Swallow without chewing.
  - Do not split the contents of one capsule into more than one dose.
  - Take Focalin XR at the same time each day for best results.
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## Dosing Information

- The usual **starting dose for children** is 5 mg once daily.
- The dose may be increased by 5 mg each week based on how well the medication is working and how it is tolerated.
- The **maximum recommended dose for children** is 30 mg per day.

- Your doctor will find the right dose for you or your child. Do not change the dose without talking to your doctor first.
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## Common Side Effects

Most side effects are mild and may improve over time. The most common include:

- **Decreased appetite** — This is very common. Try eating a good breakfast before the medication kicks in, and have a larger dinner or evening snack.
  - **Stomach upset or heartburn** (dyspepsia)
  - **Headache**
  - **Anxiety or nervousness**
  - **Trouble sleeping** — Taking the medication earlier in the morning can help.
  - **Dry mouth**
  - **Nausea**
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## Serious Side Effects — Call Your Doctor Right Away If You Notice:

- **Heart-related symptoms:** Chest pain, shortness of breath, fainting, or a fast or irregular heartbeat.
- **Mental health changes:** New or worsening anxiety, agitation, mood swings, aggression, seeing or hearing things that are not there (hallucinations), or thoughts of self-harm.
- **Circulation problems:** Numbness, pain, skin color changes (pale, blue, or red), or unexplained wounds in fingers or toes (this may be a condition called Raynaud's phenomenon).
- **Prolonged or painful erection** (in males): Seek medical attention immediately if this lasts more than 4 hours.

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

- **Do not take Focalin XR** if you are allergic to methylphenidate or any ingredient in the capsule.