

Jornay PM (Methylphenidate) — A Starter Guide for Parents

What Is Jornay PM?

Jornay PM is a prescription medicine used to treat Attention Deficit Hyperactivity Disorder (ADHD) in patients 6 years of age and older. It contains methylphenidate, a medicine that has been used to treat ADHD for many decades. What makes Jornay PM unique is that it is taken in the **evening** so that it is already working when your child wakes up the next morning. This can help with the difficult early-morning routine — getting dressed, eating breakfast, and getting ready for school.

How Does It Work?

Jornay PM uses a special delayed-release technology. After your child takes the capsule in the evening, the medicine stays inactive for about 10 hours. It then begins to release in the early morning hours while your child is still asleep, so ADHD symptoms are controlled from the moment they wake up and throughout the school day.

How to Give Jornay PM

- **When to give it:** Every evening, between **6:30 PM and 9:30 PM**. Your child's doctor will help you find the best time within this window.
- **With or without food:** Jornay PM can be taken with or without food.
- **Swallowing the capsule:** Your child can swallow the capsule whole with water.
- **If your child cannot swallow capsules:** Open the capsule and sprinkle the entire contents onto a tablespoon of applesauce. Have your child eat the applesauce right away — do not save it for later. Do not crush or chew the beads inside the capsule.

- **Do NOT give Jornay PM in the morning.** It is designed only for evening dosing.
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Dosing — What to Expect

- The **starting dose** is usually **20 mg once daily** in the evening.
 - The doctor may increase the dose by 20 mg each week based on how your child responds.
 - The maximum dose is 100 mg per day.
 - It may take a few weeks of dose adjustments to find the right dose for your child.
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What If a Dose Is Missed?

- If you remember the same evening, give the dose.
 - If you do not remember until the next morning, **skip the missed dose**. Do not give it in the morning. Just give the next dose at the regular evening time.
 - Never give two doses at once.
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Common Side Effects

Like all ADHD medicines, Jornay PM can cause side effects. Many of these improve over time. The most common side effects include:

- **Trouble sleeping (insomnia)** — This is the most commonly reported side effect, especially when first starting the medicine. Talk to your child's doctor if sleep problems persist.
- **Decreased appetite and weight loss** — Your child may not feel as hungry, especially during the day. Offer nutritious meals and snacks when appetite is best (often in the evening after the medicine wears off).

- **Mood changes** — Some children may experience mood swings, irritability, or emotional sensitivity. Let the doctor know if these are significant.
 - **Headache**
 - **Stomach pain, nausea, or vomiting**
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Important Things to Watch For

Contact your child's doctor if you notice any of the following:

- **Mood or behavior changes:** New or worsening anxiety, agitation, aggression, or unusual thoughts.
 - **Heart-related symptoms:** Chest pain, shortness of breath, or fainting.
 - **Circulation problems:** New numbness, pain, or color changes (pale, blue, or red) in fingers or toes, or unusual sensitivity to cold.
 - **Tics:** New or worsening repetitive movements or sounds.
 - **Growth concerns:** Your child's doctor will monitor height and weight at regular visits. Let them know if you are concerned your child is not growing as expected.
 - **Painful or prolonged erections (in boys):** Seek medical attention immediately if this occurs.
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Tips for Getting Started

1. **Be patient with the process.** Finding the right dose takes time. Keep a daily log of how your child does in the morning, at school, and in the evening so you can share helpful details with the doctor.
2. **Establish an evening routine.** Pick a consistent time each evening (between 6:30 and 9:30 PM) to give the medicine. Setting a daily alarm can help.

3. **Track sleep.** Since insomnia is common early on, note how long it takes your child to fall asleep and whether sleep quality changes. Share this with the doctor.
 4. **Support nutrition.** If appetite decreases, offer a good breakfast before the medicine kicks in and a hearty dinner/evening snack when appetite returns.
 5. **Keep all follow-up appointments.** Regular check-ins allow the doctor to monitor your child's response, adjust the dose, and check height, weight, blood pressure, and heart rate.
 6. **Store safely.** Jornay PM is a controlled substance. Keep it in a secure place out of reach of children and other household members. Never share it with anyone else.
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When to Call the Doctor

- Side effects that are bothersome or do not go away
 - Mood or behavior changes that concern you
 - Your child is not improving or symptoms are getting worse
 - Any signs of an allergic reaction (rash, swelling, difficulty breathing)
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Questions to Ask Your Child's Doctor

- What time in the evening is best for my child to take Jornay PM?
 - How will we know if the dose needs to be adjusted?
 - Are there any medicines, supplements, or foods my child should avoid?
 - How often should my child come in for follow-up visits?
 - What should I do during school breaks — should my child continue the medicine?
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Your child's doctor is your best resource. Do not hesitate to reach out with any questions or concerns as your child starts this medication.