

Metadate CD (Methylphenidate Extended-Release Capsules) – Patient Information Handout

What is Metadate CD?

Metadate CD is a prescription medication used to treat Attention Deficit Hyperactivity Disorder (ADHD). It contains methylphenidate, a central nervous system stimulant that helps improve focus, attention, and impulse control. Metadate CD is an extended-release capsule, meaning it releases medication gradually throughout the day so you only need to take it once daily.

How to Take Metadate CD

- Take it **once daily in the morning, before breakfast.**
 - Swallow the capsule whole with water. **Do not crush or chew** the capsule or its contents.
 - If you have trouble swallowing capsules, you may open the capsule and **sprinkle the entire contents onto a spoonful of applesauce.** Swallow the applesauce and beads right away without chewing. Do not save the mixture for later.
 - Take your medication at the same time each day to build a routine.
 - **Do not** take more than your prescribed dose. The maximum daily dose is 60 mg.
 - If you miss a dose, take it as soon as you remember that morning. If it is already afternoon, skip the missed dose and take your next dose the following morning. Do not double up.
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Common Side Effects

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

- Decreased appetite or weight loss

- Trouble sleeping (insomnia)
- Headache
- Stomach pain
- Nausea

Tip: Taking the medication in the morning can help reduce sleep problems. Talk to your doctor if decreased appetite or weight loss is a concern.

Important Warnings — When to Call Your Doctor

Contact your healthcare provider right away if you experience any of the following:

- **Heart-related symptoms:** Chest pain (especially with exercise), fainting, fast or irregular heartbeat, or shortness of breath.
 - **Mental health changes:** New or worsening anxiety, agitation, mood swings, hallucinations (seeing or hearing things that are not there), or unusual thoughts or behavior.
 - **Circulation problems in fingers or toes:** Numbness, pain, coolness, skin color changes (pale, blue, or red), or unexplained sores on fingers or toes.
 - **Painful or prolonged erection (priapism):** Seek immediate medical attention if this occurs.
 - **Allergic reaction:** Rash, hives, swelling of the face, lips, tongue, or throat, or difficulty breathing.
 - **New or worsening tics** (sudden, repeated movements or sounds).
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Things to Avoid

- **Alcohol:** Do not drink alcohol while taking Metadate CD. Alcohol can cause the medication to release too quickly into your body.
- **MAO inhibitor medications:** Do not take Metadate CD if you are currently taking or have taken a monoamine oxidase inhibitor (MAOI)

within the past 14 days. Ask your pharmacist or doctor if you are unsure whether any of your medications are MAOIs.

Important Reminders

- **Store safely:** Keep Metadate CD in a secure place, preferably locked. This medication can be misused or abused. Never share it with anyone else, even if they have similar symptoms.
 - **Growth monitoring:** In children and adolescents, this medication may slow growth. Your doctor will monitor height and weight regularly.
 - **Regular check-ups:** Keep all scheduled appointments. Your doctor will monitor blood pressure, heart rate, height, and weight while you are on this medication.
 - **Dispose properly:** Ask your pharmacist about safe disposal of any unused medication.
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When to Seek Emergency Help

Go to the nearest emergency room or call 911 if you experience:

- Chest pain or difficulty breathing
 - Fainting or seizures
 - Signs of a severe allergic reaction (swelling of face/throat, trouble breathing)
 - A painful erection lasting more than 4 hours
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If you have any questions about your medication, please contact your healthcare provider or pharmacist.