

# **Methylin (Methylphenidate) Oral Solution – Patient Information Handout**

## **What is Methylin?**

Methylin is a brand-name prescription liquid medication that contains methylphenidate hydrochloride, a central nervous system (CNS) stimulant. It is used to treat:

- Attention Deficit Hyperactivity Disorder (ADHD) in adults and children 6 years of age and older
- Narcolepsy (a sleep disorder that causes excessive daytime sleepiness)

Methylin oral solution is a grape-flavored liquid available in two strengths: 5 mg per 5 mL and 10 mg per 5 mL.

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## **How Does Methylin Work?**

Methylphenidate works by increasing the levels of two natural chemicals in the brain — dopamine and norepinephrine. These chemicals help with attention, focus, and impulse control.

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## **How to Take Methylin**

- Take Methylin by mouth, 30 to 45 minutes before meals.
- Use the measuring device provided with the medication to measure your dose accurately. Do not use a household spoon.
- Methylin is usually taken 2 or 3 times a day. Try to take the last dose of the day before 6:00 p.m. to help avoid trouble sleeping.
- Do not change your dose or stop taking Methylin without talking to your doctor.

Typical dosing:

- Children (6 years and older): The usual starting dose is 5 mg twice daily (before breakfast and lunch). Your doctor may increase the dose gradually each week.
  - Adults: The average dose is 20 to 30 mg per day, divided into 2 or 3 doses.
  - The maximum recommended daily dose is 60 mg for both children and adults.
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### **Common Side Effects**

Like all medications, Methylin can cause side effects. Common ones include:

- Decreased appetite or weight loss
- Stomach pain or nausea
- Headache
- Trouble sleeping (insomnia)
- Dry mouth
- Nervousness or irritability
- Dizziness

These side effects are often mild and may improve over time. Talk to your doctor if any side effect bothers you or does not go away.

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### **Serious Side Effects — Call Your Doctor Right Away If You Experience:**

- Chest pain, shortness of breath, or fainting — these could be signs of a heart problem
- New or worsening mental health symptoms, such as hearing voices, seeing things that are not there, new suspiciousness, or manic behavior

- Painful erection lasting more than 4 hours (priapism) — seek emergency help immediately
  - Numbness, coolness, pain, or color changes (pale, blue, or red) in your fingers or toes (signs of circulation problems, including Raynaud's phenomenon)
  - Signs of an allergic reaction: rash, hives, swelling of the face or throat, difficulty breathing
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### **Important Warnings**

- Heart risks: Methylin can raise blood pressure and heart rate. It should not be used in people with serious heart problems, including structural heart defects, heart muscle disease (cardiomyopathy), or serious heart rhythm problems. Tell your doctor about any family history of sudden death or heart disease.
  - Risk of abuse and dependence: Methylin is a Schedule II controlled substance, meaning it has a potential for abuse and dependence. Take it only as prescribed. Store it in a safe, locked place and never share it with others.
  - Growth in children: Long-term use of stimulant medications may slow growth in children. Your child's doctor will monitor height and weight regularly.
  - Tics: Methylin may cause or worsen motor or vocal tics. Tell your doctor if you or your child has a history of tics or Tourette's syndrome.
  - Eye problems: In rare cases, Methylin may cause blurred vision or other vision changes. Tell your doctor if you have a history of eye problems, especially glaucoma.
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### **Who Should NOT Take Methylin?**

Do not take Methylin if you:

- Are allergic to methylphenidate or any ingredient in Methylin

- Are taking or have taken a monoamine oxidase inhibitor (MAOI) within the last 14 days — combining these medications can cause a dangerous spike in blood pressure (hypertensive crisis)
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## **Drug Interactions**

Tell your doctor about all medications you take, including prescription drugs, over-the-counter medicines, vitamins, and herbal supplements.

Methylin may interact with:

- MAO inhibitors (e.g., phenelzine, selegiline) — do NOT take together
  - Blood pressure medications — Methylin may reduce their effectiveness
  - Blood thinners (e.g., warfarin)
  - Seizure medications (e.g., phenytoin, phenobarbital)
  - Certain antidepressants (tricyclics and SSRIs)
  - Halogenated anesthetics — tell your surgeon or anesthesiologist that you take Methylin before any surgery
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## **Storage**

- Store at room temperature, between 68°F and 77°F (20°C to 25°C).
  - Keep the bottle tightly closed.
  - Keep out of reach of children.
  - Dispose of any unused medication safely. Ask your pharmacist about proper disposal.
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## **When to Contact Your Doctor**

- If your symptoms are not improving or are getting worse
- If you experience any serious side effects listed above
- Before starting or stopping any other medication

- If you are pregnant, planning to become pregnant, or breastfeeding
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This handout is for informational purposes and does not replace the advice of your doctor or pharmacist. Always follow your healthcare provider's instructions regarding your medication.