

Mydayis (Mixed Amphetamine Salts) – Patient Information Handout

What is Mydayis?

Mydayis is a prescription medication used to treat Attention Deficit Hyperactivity Disorder (ADHD) in patients aged 13 years and older. It contains a combination of amphetamine and dextroamphetamine salts in an extended-release capsule designed to last up to 16 hours.

Mydayis is a federally controlled substance (Schedule II) because it contains amphetamine, which can be misused or lead to dependence. Keep it in a safe, locked place and never share it with others.

How to Take Mydayis

- Take one capsule by mouth once daily in the morning when you wake up.
 - Swallow the capsule whole, OR open the capsule and sprinkle the entire contents onto a spoonful of applesauce. Swallow the applesauce right away without chewing. Do not save it for later. Do not split the contents of a single capsule into more than one dose.
 - Take Mydayis consistently either with food or without food each day.
 - If you miss a dose, skip it. Do not take it later in the day, as it may cause trouble sleeping. Do not take extra medication to make up for a missed dose.
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Common Side Effects

These side effects are common and may improve over time. Talk to your doctor if they bother you or do not go away:

- Trouble sleeping (insomnia)
- Decreased appetite
- Weight loss

- Dry mouth
 - Increased heart rate
 - Anxiety or feeling jittery
 - Nausea
 - Irritability
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Serious Side Effects — Contact Your Doctor Right Away If You Experience:

- Chest pain, shortness of breath, or fainting — these may be signs of a heart problem
 - New or worsening mental health symptoms, such as hearing voices, believing things that are not true, new feelings of suspicion, or manic behavior
 - Numbness, pain, skin color changes (pale, blue, or red), or sensitivity to temperature in your fingers or toes (signs of circulation problems, including Raynaud's phenomenon)
 - Seizures
 - Signs of serotonin syndrome: agitation, hallucinations, fast heartbeat, fever, muscle stiffness or twitching, loss of coordination, nausea, vomiting, or diarrhea
 - Signs of an allergic reaction: rash, swelling of the face/tongue/throat, or difficulty breathing
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Important Warnings

- **Heart health:** Mydayis can raise blood pressure and heart rate. Your doctor should monitor these regularly. Patients with serious heart conditions should generally not take this medication.
- **Growth in teens:** Mydayis may slow growth (height and weight) in adolescents. Your doctor should monitor growth during treatment.

- **Mental health:** Mydayis may cause new or worsening psychiatric symptoms, including psychosis or mania, even in patients without a prior history.
 - **Pregnancy and breastfeeding:** Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding before starting Mydayis.
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Medications to Avoid or Use with Caution

Tell your doctor about all medications you take, including over-the-counter drugs and supplements. Important interactions include:

- **MAO inhibitors** (e.g., selegiline, phenelzine, tranylcypromine, linezolid): Do NOT take Mydayis if you have taken an MAO inhibitor within the past 14 days. This combination can cause a dangerous spike in blood pressure.
 - **Antidepressants** (SSRIs, SNRIs, tricyclics): May increase the risk of serotonin syndrome when combined with Mydayis.
 - **Antacids and acid-reducing medications:** May change how Mydayis works in your body.
 - **St. John's Wort, triptans (migraine medications), tramadol, fentanyl, lithium:** May increase the risk of serotonin syndrome.
 - **Vitamin C supplements and acidic juices** (e.g., orange juice): May lower the effectiveness of Mydayis.
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Storage and Safety

- Store at room temperature (68°F to 77°F / 20°C to 25°C).
 - Keep in a safe, locked place out of reach of children.
 - Do not share Mydayis with anyone, even if they have the same condition. It is illegal and dangerous.
 - Dispose of unused medication properly. Ask your pharmacist about drug take-back programs.
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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 loss of consciousness
 - Seizures
 - Signs of a severe allergic reaction (swelling of face/throat, difficulty breathing)
 - Symptoms of overdose: restlessness, tremor, rapid breathing, confusion, hallucinations, panic, muscle pain, or weakness
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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. If you have questions, contact your doctor or pharmacist.