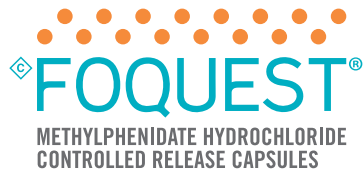




FOQUEST[®] AND ADHD

(ADHD: ATTENTION DEFICIT HYPERACTIVITY DISORDER)

What should we expect?



FOQUEST[®]
METHYLPHENIDATE HYDROCHLORIDE
CONTROLLED RELEASE CAPSULES



WHAT DOES ADHD LOOK LIKE?

THE TRUTH IS, ADHD CAN LOOK LIKE MANY THINGS.

Some people with ADHD may be easily distracted or seem like they're not paying attention. Others may have difficulty sitting still, waiting their turn, or doing quiet activities. And some may experience all of these and more.

Inattention, hyperactivity, and impulsivity are all symptoms of ADHD, but these can present differently for every child, adolescent, and adult.

IS ADHD A REAL THING?

ADHD isn't made up. It's a real disorder that is thought to affect the brain and certain chemicals within it; although we still aren't entirely sure what causes it.

Only healthcare professionals can diagnose ADHD through interviews and assessments using standard rating scales.

And despite the common misconception, **ADHD is not over-diagnosed.** In fact, ADHD rates have remained stable in the past 30 years.

RECOGNIZING ADHD IN YOUR CHILD

YOUR CHILD HAS ALREADY BEEN DIAGNOSED WITH ADHD, SO YOU'RE PROBABLY VERY FAMILIAR WITH SOME OF THESE SYMPTOMS:

SYMPTOMS OF INATTENTION

- **Not paying attention**
- **Making careless mistakes**
- **Not listening**
- **Not finishing tasks**
- **Not following directions**
- **Difficulty with organization**
- **Avoiding or disliking tasks that require a lot of thinking**
- **Losing things**
- **Being forgetful**
- **Being easily distracted**



NO ONE'S FAULT

ADHD is a **neurodevelopmental disorder** that affects the way the brain grows and develops. There is nothing you or anyone else could have done to prevent it.

RECOGNIZING ADHD IN YOUR CHILD

SYMPTOMS OF HYPERACTIVITY AND IMPULSIVITY

- **Fidgeting**
- **Having difficulty remaining seated**
- **Feeling restless**
- **Having difficulty with quiet activities**
- **Often being “on the go”**
- **Talking excessively**
- **Having difficulty waiting or taking turns**
- **Interrupting others**

While it's not uncommon to see these symptoms in most children from time to time, in children with ADHD, it's different. You will typically see *many* of these symptoms, they will occur frequently, and they will interfere with many areas of your child's life. In addition, these symptoms are usually not appropriate or normal for the child's age and stage of development.

ADHD IN YOUR ADOLESCENT

IF YOU ARE A PARENT OF AN ADOLESCENT WITH ADHD, IT'S IMPORTANT TO KNOW THAT YOU ARE NOT ALONE. ABOUT 6% TO 12% OF ADOLESCENTS HAVE ADHD, AND SYMPTOMS CAN AFFECT THEIR LIVES IN MANY DIFFERENT WAYS.

Family support and understanding are important during the transitional teen years. Make sure you and your adolescent see your healthcare professional regularly to monitor their condition.



CREATING A HEALTHY, BALANCED LIFESTYLE

People with ADHD often struggle with daily needs like sleep, meals, and personal hygiene. Help your child develop healthy habits and routines, including:

- Regular exercise
- Consistent sleep patterns
- Consistent meal times
- Eating nutritious foods
- Relaxation techniques, such as deep breathing exercises, yoga, or music

ADULTS AS TRUSTED PARTNERS IN THERAPY

IT IS IMPORTANT TO FOSTER A TRUSTED RELATIONSHIP WITH YOUR TEEN, AND TO HELP YOUR TEEN DEVELOP A HEALTHY RELATIONSHIP WITH THEIR HEALTHCARE PROFESSIONALS. YOUR CHILD'S HEALTHCARE PROFESSIONAL MAY WANT TO SEE YOUR TEEN ALONE AT SOME POINT TO HELP RECOGNIZE AND ENCOURAGE AUTONOMY; HOWEVER, YOU WILL STILL REMAIN AN INTEGRAL PART OF THEIR CARE.



WORK TOGETHER TO SUPPORT YOUR TEEN

All adults regularly in charge of your teen (parents, relatives, teachers, coaches, etc.) should work together to provide clear, consistent expectations, directions, and limits across all settings. Kids do best when they know exactly what is expected of them and are aware of the rewards and consequences of their behaviour. If you need to, work with a professional to help you better understand how you can all work together to help support your teen.

ACCOMMODATIONS AT SCHOOL

Academic accommodations can usually be made for children and adolescents with ADHD, including:

- Gearing work assignments to your child's individual academic level
- Allowing extra time for quizzes, tests, and exams
- Permitting the student to write quizzes, tests, and exams in a quiet room
- Allowing the use of headphones to reduce external noises during tests
- Providing access to a note taker or assistive technology
- Monitoring how much homework is given

Work with your child's teachers to see what accommodations can be made for their ADHD at school.

TREATING YOUR CHILD'S ADHD

TREATING ADHD REQUIRES A MULTI-PRONGED, COLLABORATIVE APPROACH TAILORED TO THE UNIQUE NEEDS OF EACH CHILD. THIS INCLUDES:

- **Strategies for understanding and building your child's social skills**
- **Parent training**
- **Cognitive Behavioural Therapy – a type of talk therapy that focuses on the link between thoughts, feelings, and behaviour**
- **School interventions**
- **Mindfulness training – therapy designed to help your child pay more attention to their own thoughts and actions**
- **Medication**



PROMOTING STRUCTURE AT HOME

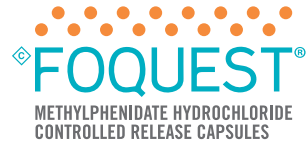
Having a home life that is organized, predictable, consistent, calm, and focused on positive outcomes is essential for improving self-esteem, self-control, and ensuring more harmony in family life and relationships. Don't be afraid to ask for help trying to build a structured environment at home, particularly if there hasn't been much structure in the past. Talk to your child's healthcare professional for guidance.

FOQUEST®: TREATING YOUR CHILD'S ADHD WITH MEDICATION

AS PART OF THE MANAGEMENT OF ADHD, YOUR CHILD'S PHYSICIAN HAS DECIDED THAT FOQUEST® MAY BE HELPFUL. REMEMBER, FOQUEST® IS ONLY ONE PART OF YOUR CHILD'S ADHD TREATMENT REGIMEN. FOQUEST® SHOULD BE COMBINED WITH OTHER MEASURES, SUCH AS PSYCHOLOGICAL COUNSELLING, EDUCATIONAL AND SOCIAL MEASURES, AS PART OF A TOTAL TREATMENT PROGRAM.

WHAT IS FOQUEST®?

FOQUEST® is a once-daily treatment for ADHD in people 6 years of age and older. It belongs to a group of medicines called **central nervous system stimulants**.



HOW DOES FOQUEST® WORK?

FOQUEST® contains methylphenidate hydrochloride, a stimulant that works by changing the levels of certain chemicals in the brain. This, in turn, helps to increase attention and decrease impulsivity and hyperactivity in people with ADHD.

FOQUEST® CAPSULES

FOQUEST® capsules contain beads that are made up of multiple layers. Twenty percent of the total methylphenidate dose is contained in an immediate-release layer, and 80% of the methylphenidate dose is contained in delayed controlled-release layers.



- 1 **Immediate-release layer** releases **20%** of the total dose
- 2 Delayed-release coating
- 3 Controlled-release coating
- 4 **Controlled-release layer** releases **80%** of the total dose
- 5 Sugar sphere

Adapted from FOQUEST® product monograph

HOW DOES MY CHILD TAKE FOQUEST®?

YOUR CHILD'S HEALTHCARE PROFESSIONAL WILL DECIDE THE DOSE THAT IS RIGHT FOR YOUR CHILD.

Always follow your healthcare professional's directions. Never change your child's dose or tell them to stop taking FOQUEST® without first discussing it with your child's healthcare professional.

FOQUEST® SHOULD BE TAKEN ONCE DAILY, WITH OR WITHOUT FOOD

FOQUEST® should be taken as soon as possible in the morning, as the effects of FOQUEST® can last late into the evening and may affect sleep.

FOQUEST® capsules should be swallowed whole with a full glass of water and must never be crushed or chewed.

FOQUEST® is available in a wide range of strengths to help your doctor customize dosing for your child.



DOSAGE STRENGTHS FOR CHILDREN AND ADOLESCENTS 6 TO 17 YEARS



DOSAGE CHANGES AND TREATMENT INTERRUPTIONS: WHAT SHOULD I EXPECT?

Your child's doctor may need to **change the dose** of FOQUEST® at the next follow-up visit or visits; this is not unusual. Your doctor just wants to make sure your child has the right amount of medication for his or her condition.

From time to time, your child's doctor may also **interrupt treatment** with FOQUEST® to check for symptoms while your child is not taking the medication. Again, this is not uncommon. If you have questions about your child's medication at any time, don't hesitate to speak to your child's doctor.

SPRINKLING FOQUEST® ON FOOD

If your child has difficulty swallowing capsules, it's helpful to know that FOQUEST® can be sprinkled onto certain foods instead.

STEP 1:

Measure a tablespoon of applesauce, ice cream, or yogurt

STEP 2:

Open the capsule

STEP 3:

Sprinkle entire contents (beads) onto the tablespoon

STEP 4:

Make sure your child eats the entire mixture **immediately or within 10 minutes**, without chewing



If you teach a child to swallow a pill...

If age appropriate, and if your child is willing to learn, they should be taught to swallow their capsules. Instructions can be found at <https://kidshealth.org/en/parents/swallowing-pills.html>. Until then, you do have the sprinkle option for FOQUEST®.



SPRINKLING DO'S AND DON'TS

DO help your child measure the food, open the capsule, and sprinkle the beads

DO rinse your child's mouth with water afterwards and have them swallow the water to ensure that the entire mixture is taken

DO throw out any food/medicine mixture if:

- It has been more than 10 minutes since you sprinkled the capsule onto the food
- You don't remember when you sprinkled the capsule onto the food
- You don't remember which food you sprinkled the capsule onto

DON'T sprinkle the beads in liquids

DON'T chew the beads

DON'T keep any of the food/medicine mixture for another dose

ARE THERE ANY INSTANCES WHEN MY CHILD SHOULD NOT TAKE FOQUEST®?

YOUR CHILD SHOULD NOT TAKE FOQUEST® IF HE OR SHE:

- Is allergic to methylphenidate hydrochloride or any of the other ingredients in FOQUEST®
- Has ever had heart problems—such as a heart attack, irregular heartbeat, chest pain, heart failure, heart disease, or was born with a heart problem
- Has glaucoma (increased eye pressure)
- Has moderate to severe high blood pressure
- Has hardened arteries
- Has an overactive thyroid gland
- Is taking, or has taken within the past 14 days, a type of drug called monoamine oxidase inhibitors (MAOIs)
- Has a history of drug abuse

Your child should not take FOQUEST® if they are taking or have recently taken (in the last 14 days) any MAOIs such as phenelzine, tranylcypromine, or moclobemide as they may have serious side effects. **Taking FOQUEST® and clonidine (used to treat ADHD) may cause serious side effects or sudden death.**

IN ADDITION, THE FOLLOWING MAY **INTERACT** WITH FOQUEST®:

- Alcohol should be avoided while taking FOQUEST®, including any medications containing alcohol, such as some cough syrups
- Certain medicines used to treat or prevent blood clot, such as warfarin
- Certain medicines used to treat seizures, such as phenobarbital, phenytoin, or primidone
- Certain medicines for depression and mood disorders, such as Tricyclic Antidepressants (e.g. amitriptyline) and Selective Serotonin Reuptake Inhibitors (SSRIs).
- Certain medicines used to treat high blood pressure
- Medicines used to manage psychosis (antipsychotics)

Tell your child's healthcare professional about all the medicines your child is taking, including any drugs, vitamins, minerals, natural supplements, or alternative medicines.

SHOULD I BE CONCERNED ABOUT SIDE EFFECTS WITH FOQUEST®?

LIKE ALL MEDICINES, FOQUEST® MAY CAUSE SIDE EFFECTS. THESE CAN INCLUDE:

- **Loss of appetite**
- **Headache**
- **Insomnia, sleep disorder**
- **Abdominal pain and discomfort**
- **Dry mouth**
- **Diarrhea, nausea, vomiting**
- **Fatigue, drowsiness**
- **Feeling jittery, nervous or anxious**
- **Weight loss, weight gain**
- **Sinus infection, common cold**
- **Heart rate increase**
- **Dizziness**
- **Irritability**
- **Increased sweating**
- **Difficulty opening the mouth (trismus)**
- **Inability to control excretion of urine (incontinence)**

These are not all the possible side effects that your child may feel when taking FOQUEST®. If your child experiences any side effects not listed here, contact your child's healthcare professional.



BE INVOLVED

Learn all you can about ADHD and become your child's best advocate. Communicate regularly with his or her teacher, and continue with family therapy for as long as your healthcare professional feels it is necessary. Set aside a daily special time for you and your child to connect. It doesn't have to be a special outing; just some positive, one-on-one time can help strengthen your relationship and trust.

WHAT SHOULD I DISCUSS WITH MY CHILD'S DOCTOR TO HELP AVOID SIDE EFFECTS?

TO HELP AVOID SIDE EFFECTS AND ENSURE PROPER USE, TALK TO YOUR CHILD'S HEALTHCARE PROFESSIONAL ABOUT ANY HEALTH CONDITIONS OR PROBLEMS YOUR CHILD MAY HAVE, INCLUDING IF YOUR CHILD:

- Has mild high blood pressure, heart problems or heart defects
- Has a family history of sudden cardiac death
- Has thyroid problems

- Has had seizures or abnormal EEGs (measure of brainwave activity)
- Does high-intensity exercise or activities
- Has mental health problems or family history of mental health problems, including:
 - anxiety - depression
 - psychosis - aggression
 - mania - suicide
 - bipolar disorder
- Drinks alcohol or has a history of alcohol abuse. Your child should not drink alcohol while taking FOQUEST®.
- Has circulation problems in fingers and toes, including numbness, feeling cold or pain (this is also known as Raynaud's phenomenon)
- Is pregnant or plans to become pregnant. FOQUEST® should not be used during pregnancy.
- Is breastfeeding or plans to breastfeed. FOQUEST® can pass through breast milk. You should consult with your child's healthcare professional to determine whether to stop breastfeeding or discontinue FOQUEST®.
- Takes other drugs for ADHD or depression
- Has tics (movements or sounds that you cannot control) or Tourette's syndrome, or if someone in your family has tics or Tourette's syndrome

ARE THERE ANY WARNINGS ASSOCIATED WITH FOQUEST® THAT I SHOULD KNOW ABOUT?

SERIOUS WARNINGS AND PRECAUTIONS

Drug Dependence

Like other stimulants, FOQUEST® has the potential to be abused. This can lead your child to becoming dependant on FOQUEST® or feeling like they need to take more of it over time. Abuse of FOQUEST® can lead to dependence.

OTHER WARNINGS YOU SHOULD KNOW ABOUT

Driving and Using Machines

FOQUEST® can affect the ability to drive and use potentially dangerous tools or machinery. Your child should not drive or use tools or machinery until you know how they respond to FOQUEST®.

Dependence and Tolerance

Like other stimulants, FOQUEST® has the potential to be abused if not taken correctly, which can lead to dependence and tolerance. If your child has a history of drug or alcohol abuse, discuss this with your child's healthcare professional. Do not change the dose or stop taking FOQUEST® without first discussing this with your child's healthcare professional. If they stop taking FOQUEST®, they will need careful supervision because they may feel very depressed.

Growth in Children

Slower growth (weight gain and/or height) has been reported with long-term use of methylphenidate hydrochloride in children. Your child's healthcare professional will carefully watch their height and weight. If your child is not growing or gaining weight as expected, your child's healthcare professional may stop treatment.



OTHER WARNINGS YOU SHOULD KNOW ABOUT (CONTINUED)

Heart Related Problems

The following heart related problems have been reported in people taking medicine to treat ADHD like FOQUEST®:

- Sudden death in patients who have heart problems or heart defects
- Stroke and heart attack
- Increased blood pressure
- Increased heart rate

Sudden death has been reported in association with stimulant drugs for ADHD treatment in children with structural heart abnormalities. FOQUEST® generally should not be used in children with known structural heart abnormalities. Tell your child's healthcare professional if your child has any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your child's healthcare professional will check carefully for heart problems before starting FOQUEST® and will check blood pressure and heart rate regularly during treatment with FOQUEST®.

Seek immediate medical help if your child has any signs of heart problems such as chest pain, difficulty breathing, or fainting while taking FOQUEST®.

Mental Health Problems

The following mental health problems have been reported in people taking medicine to treat ADHD like FOQUEST®:

- New or worse thoughts or feelings of suicide (thinking about or feeling like killing yourself) and suicide attempt
- New or worse bipolar disorder (extreme mood swings, with periods of excitement, switching between periods of sadness)
- New or worse aggressive behaviour or hostility
- New psychotic symptoms (such as hearing voices, believing things that are not true, being suspicious)

These new or worse mental health problems may be more likely to happen if your child has mental health conditions that you may or may not know about. Tell your child's healthcare professional about any mental health problems or about any personal or family history of suicide, bipolar illness, or depression your child has.

A small number of patients taking ADHD drugs may have feelings of:

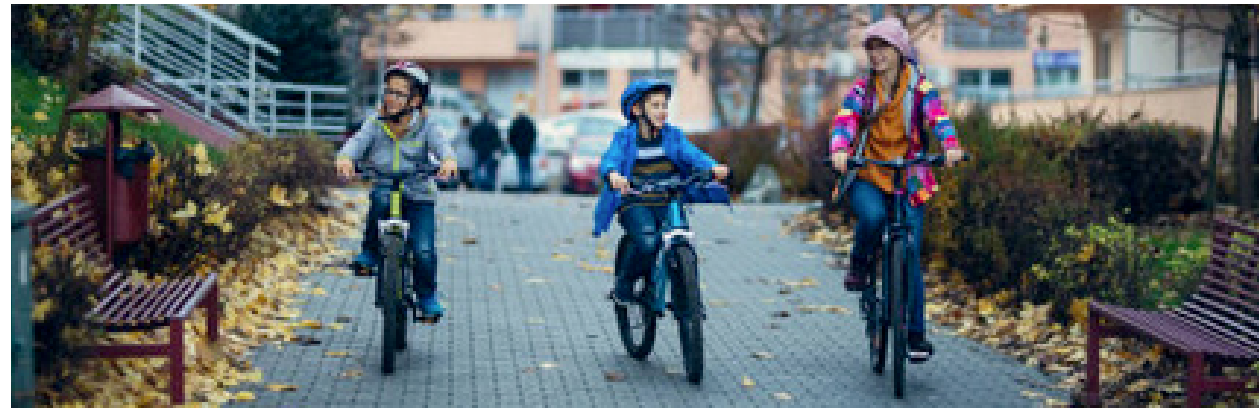
- Agitation
- Hostility
- Anxiety
- Have thoughts of suicide, self-harm or harm to others

Those suicidal thoughts or behaviours may occur at any time during treatment, particularly at the start or during dose changes, and also after stopping FOQUEST®. Should this happen to your child, consult their healthcare professional. Close observation by a healthcare professional is necessary.

Serotonin Toxicity (Serotonin Syndrome)

Serotonin toxicity is a rare but potentially life-threatening condition. It can cause serious changes in how your child's brain, muscles and digestive system work. Your child may develop serotonin toxicity if they take FOQUEST® with certain antidepressants or migraine medications. Serotonin toxicity symptoms include:

- fever, sweating, shivering, diarrhea, nausea, vomiting;
- muscle shakes, jerks, twitches or stiffness, overactive reflexes, loss of coordination;
- fast heartbeat, changes in blood pressure;
- confusion, agitation, restlessness, hallucinations, mood changes, unconsciousness, and coma



ADDITIONAL RESOURCES

BEING ME WITH ADHD

A comprehensive website designed specifically for patients and families impacted by ADHD. Written in plain language, BeingMeWithADHD is a reliable source of information that includes helpful tips and tools for people of all ages living with ADHD. In both English and French. beingmewithadhd.ca

KIDS' QUEST ADHD

This website is written for children, presenting content in the form of a quest or adventure for young “virtual investigators.” It’s a fun way to learn more about ADHD. English only. cdc.gov/ncbddd/kids/adhd.html

FIN, FUR AND FEATHER BUREAU OF INVESTIGATION (FFFBI) ACADEMY

Funded by the U.S. Department of Education, the FFFBI Academy provides internet-based games that were created for children with ADHD. Each game is designed to teach skills and strategies, while encouraging players to complete increasingly difficult tasks with ample rewards along the way. English only. ffbi.com/info/academy.html

Disclaimer:

There are many resources available for patients and caregivers of ADHD. The list is not intended to be exhaustive. Elvium Life Sciences neither endorses nor recommends any resource, and this list is provided for informational purposes only. Any referral of a patient to one of these resources is at the discretion of the independent healthcare professional.

KIDSHEALTH ORGANIZATION: ADHD

Written for children with ADHD, this site has information about what ADHD is, what causes it, what doctors do, and how it is treated. There are also sections for parents and educators, written in a highly empathetic tone. English only. kidshealth.org/en/kids/adhdkid.html

THROUGH CHILDREN'S EYES

This website allows you to customize resources based on your child's condition. It contains numerous articles, videos, blogs, and tools for parents, siblings, schools, and anyone impacted by ADHD. Some sections are available in Spanish. understood.org

CENTRE FOR ADHD AWARENESS, CANADA (CADDAC)

In addition to providing accurate, current information on ADHD, this website has several tools for parents, teachers, and people living with ADHD. It also offers sound advice on how to advocate for your child. Note: only some of the pages have been translated into French. caddac.ca

CANADIAN ADHD RESOURCE ALLIANCE (CADDRA)

While mostly a resource for healthcare professionals with an interest in ADHD, this website also has medically accurate information for the general public under the “Resources” tab. This includes pages written for young children, adolescents, and adults. Content is available in French as well. caddra.ca

CH.A.D.D. CANADA INC.

CH.A.D.D. Canada is a charitable organization that aims to help support, educate, and ultimately better the lives of individuals with ADHD, and those who are there for them. English-only website. chaddcanada.com

ADHD INFORMATION TIPS AND TRICKS

Created and developed by Dr. Annick Vincent, physician-psychiatrist, this site is an easy-to-use resource for parents and caregivers. Dr. Vincent provides several practical tips for people living with ADHD, including advice on sleep, nutrition, and exercise, and tips for speaking to your child with ADHD so that he/she will listen. Content is available in French. attentiondeficit-info.com

ABOUT KIDS HEALTH

From the Hospital for Sick Children, this trusted resource provides information and advice for parents whose children are affected by ADHD, including guidance on how to communicate with your child's school and how to help your child at home. Available in English and French. aboutkidshealth.ca

PANDA

(This website is only in French.) Le Regroupement des associations de parents PANDA du Québec est la référence en matière d'aide aux associations PANDA et aux parents ayant un enfant atteint du trouble déficitaire de l'attention avec ou sans hyperactivité (TDAH). associationpanda.qc.ca



BE A SMART RESEARCHER.

In addition to the resources listed above, you may wish to do your own research. Just be careful. Not all the information out there is accurate or based on independent, high-level science. In general, if you're using the internet, stick with reputable websites such as government, non-profit, university, or hospital resources.



LEARN
MORE AT
[FOQUEST.CA](https://foquest.ca)


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