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STRATEGIES FOR MANAGING ADHD

quest

**IS ADHD
A REAL
THING?**

3 LIFESTYLE
TIPS: THE
THREE
PILLARS
OF GOOD
HEALTH

**ADHD
AND SLEEP:
IS THERE
A LINK?**

Off to
university
or college?
Lifestyle tips
to manage
your ADHD.

Start
planning
now!

ADHD=
attention deficit
hyperactivity
disorder

IN THIS ISSUE:

NOTE: The recommendations provided in this booklet are not intended to be exhaustive, nor should they take the place of independent medical advice. Use of any of the resources described in this booklet is at the discretion of the individual and should be done in consultation with a physician. The sponsor of this booklet does not endorse, recommend or warrant the use of any third-party resource, and this information is provided as a convenience only.

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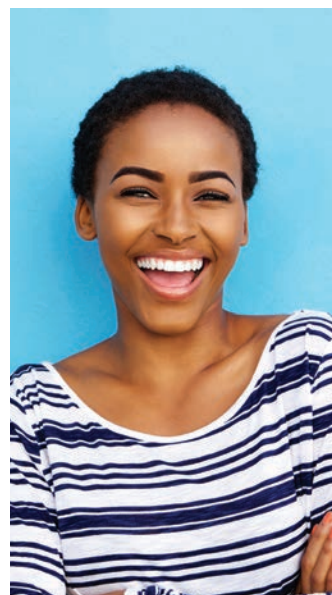
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UNDERSTANDING ADHD:

WHAT IS ADHD?

ADHD stands for “Attention Deficit Hyperactivity Disorder.” It is a neurodevelopmental condition that is thought to affect the brain and certain chemicals within it; although we still aren’t entirely sure what causes it.

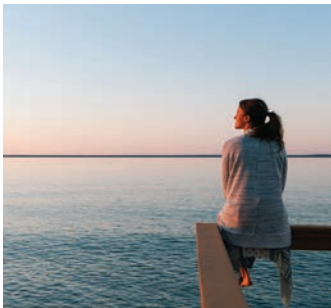


ADHD IS

A real medical condition. It isn't made up, it isn't an excuse, and it's no joke.



A family condition with a strong genetic component.



A lifelong disorder. While it's usually seen in early childhood, it isn't necessarily diagnosed at this time.



1 IN 4 CHILDREN WITH ADHD HAVE PARENTS WITH ADHD



ABOUT A 1 IN 3 CHANCE THAT A CHILD WILL HAVE ADHD IF THEIR OLDER SIBLING HAS IT



1 IN 2 PARENTS WITH ADHD HAVE A CHANCE OF HAVING A CHILD WITH ADHD



An excuse for being lazy.
People don't choose to have ADHD, and they can't help the way that it affects them. ADHD is real.



ADHD is treatable. There are several treatment regimens available for people with ADHD, including medication and/or individual and family counselling. Your doctor is the best person to talk to about treatment for your situation at any time during your journey with ADHD.

ADHD is not a trend or fad. ADHD is an established medical disorder that's been around for over 200 years – it's definitely not a fad! Many people believe that ADHD is over-diagnosed these days; however, the prevalence of ADHD has actually remained the same for the past 30 years.



ADHD is not your fault. ADHD is primarily biological and genetic in its origins. There is nothing you could have done to prevent it, but you *can* take control of how you treat it.

Although the term Attention Deficit Disorder first appeared in the Diagnostic and Statistical Manual of Mental Disorders in 1980, symptoms of inattention, hyperactivity and impulsivity have been described in children over the last 200 years.

ADHD can look like many other conditions. Getting a professional diagnosis is important.

WHAT DOES ADHD LOOK LIKE?

ADHD can look like many things. Some people with ADHD may be easily distracted or they may seem like they're not paying attention. Others may have difficulty sitting still, waiting their turn or doing quiet activities. And some people may experience all of these and more. **Inattention**, **hyperactivity**, and **impulsivity** are all symptoms of ADHD, but these can look different in everyone.

RECOGNIZING ADHD IN YOUR CHILD

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





RECOGNIZING ADHD IN YOUR CHILD

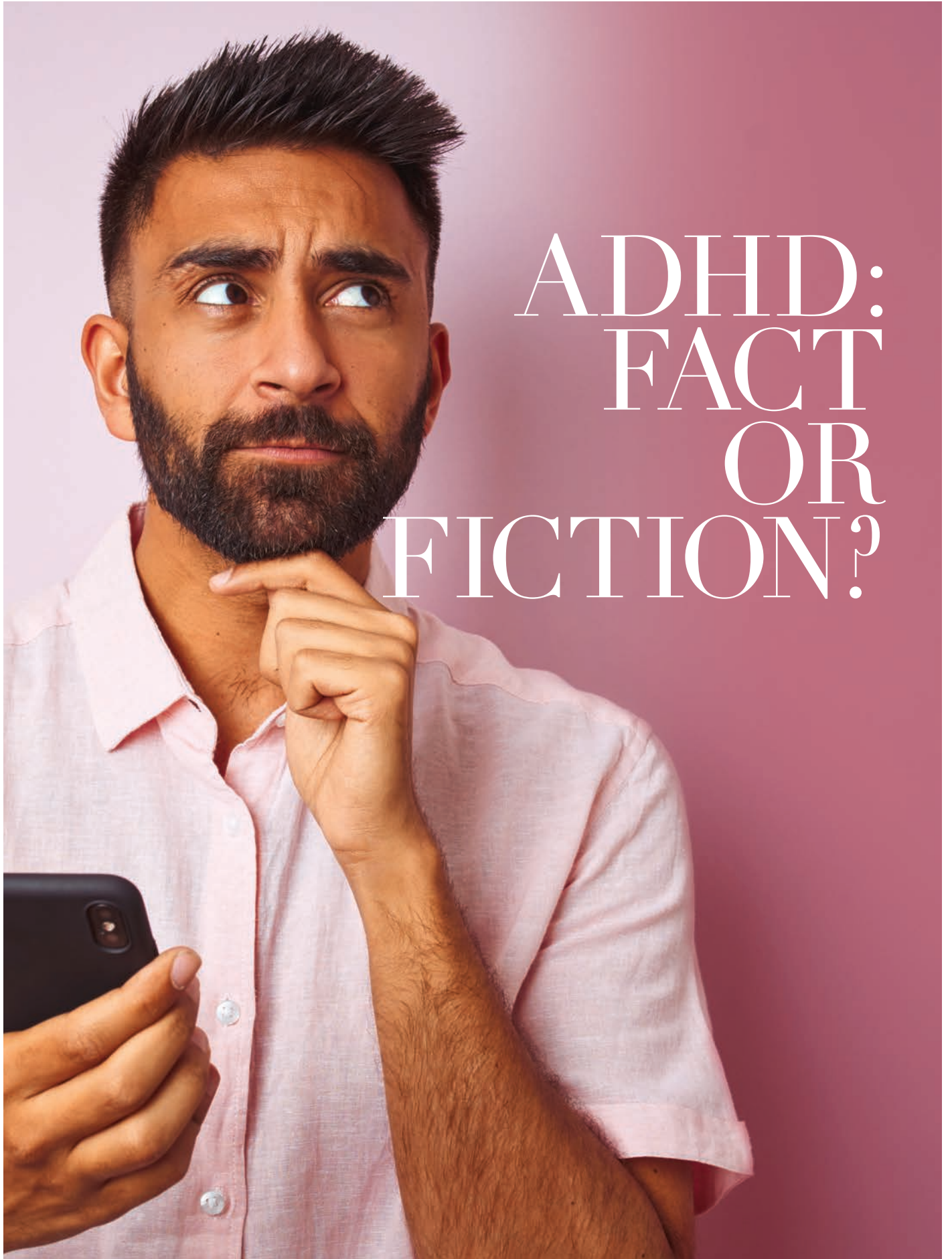
*Symptoms of
hyperactivity
and impulsivity*

- FIDGETING
- HAVING DIFFICULTY REMAINING SEATED
- FEELING RESTLESS
- HAVING DIFFICULTY WITH QUIET ACTIVITIES
- TALKING EXCESSIVELY
- HAVING DIFFICULTY WAITING FOR TAKING TURNS
- INTERRUPTING OTHERS

These symptoms interfere with the patient's daily life. Some people have symptoms related to hyperactivity and impulse control, while others have symptoms related to inattention.

Some patients have both types of symptoms. Everyone can have symptoms like these from time to time, but patients with ADHD have significantly more of these symptoms, and more often, than others their age.





ADHD: FACT OR FICTION?

There are many myths commonly associated with ADHD. Which of these have you heard?

MYTH:

EVERYONE HAS ADHD THESE DAYS

FACT:

While it's true that the core symptoms of ADHD can occur in everyone from time to time (e.g., forgetting items, not paying attention, etc.), having ADHD is different. People diagnosed with ADHD have **more of these symptoms**, they've had them since childhood, they occur more frequently, and these symptoms interfere with their daily life.

FOOD ALLERGIES, SUGAR, FOOD ADDITIVES, AND POOR DIET CAUSE ADHD

There is no proof that anything in the diet causes ADHD. However, good nutrition is important to everyone. An unhealthy lifestyle, including poor diet, can influence attention and functioning.

MEDICATION WILL FIX MY ADHD

There is no cure for ADHD – not even medication. However, medication can have positive effects on symptoms of inattention, impulsivity and hyperactivity. Medication works best when it's combined with a “multimodal” or comprehensive approach to ADHD that includes appropriate diagnosis, improving individual and family understanding of ADHD, behavioural interventions, and educational support.

ADHD IS SOMETHING YOU EVENTUALLY OUTGROW

ADHD is not a “phase” that you simply outgrow. It is a chronic, lifelong condition that is usually recognized in childhood but might not be diagnosed at that time. While you don't outgrow ADHD, it can be managed.

ADHD IS THE RESULT OF BAD PARENTING

ADHD is a neurodevelopmental disorder. Environmental factors such as teaching and parenting quality, however, can minimize or intensify the difficulties experienced by someone with ADHD.

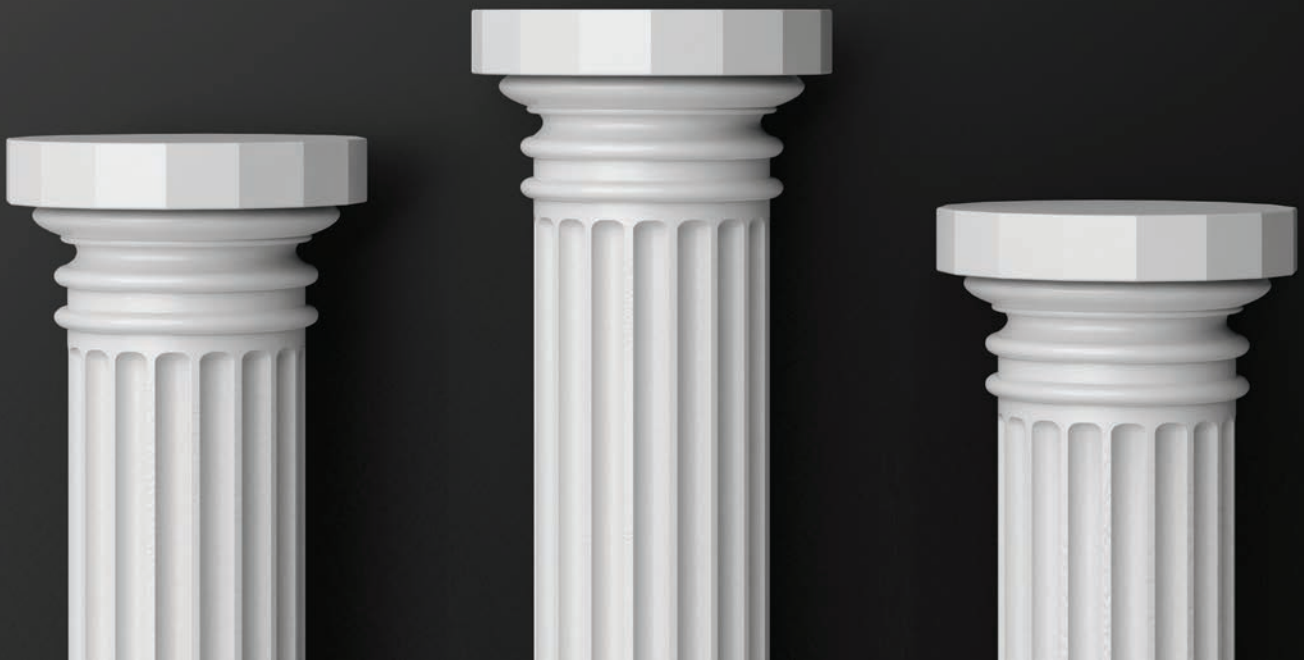


How do doctors diagnose ADHD?

There is no single test that can tell you whether or not you have ADHD. Only healthcare professionals can diagnose ADHD through interviews and assessments using standard rating scales and special psychological, educational, and social resources.

LIFESTYLE TIPS FOR MANAGING ADHD

SLEEP, NUTRITION, AND EXERCISE: THREE PILLARS OF GOOD HEALTH



It's not always easy to eat well, exercise regularly, and get restorative sleep each night, but together, nutrition, exercise, and sleep form a solid foundation of good health for everyone, including those with ADHD.

SLEEP:

The first pillar of good health is sleep. Sleep problems are actually quite common in people with ADHD. They are also a common side effect of some ADHD medications.

However, poor sleep is a possible outcome of ADHD itself – and not treatment alone.

Lack of sleep can make it hard to pay attention and regulate emotions and behaviour. It can also interfere with memory and performance at school or work.

TIPS FOR GETTING A GOOD NIGHT'S SLEEP

It's important to establish consistent sleep patterns – and stick with them. Here are some tips to help you get started. Talk to your doctor if you are looking for more specific advice.

- 1. Avoid caffeine, alcohol, nicotine, and other chemicals that interfere with sleep in the evening.**
- 2. Make sure your bedroom is dark, cool, and quiet. White noise appliances can be helpful.**
- 3. Create a relaxing bedtime routine, such as taking a bath and reading a book, to help train your brain to go to bed at a certain hour.**
- 4. Avoid long daytime naps, particularly naps late in the day as these can interfere with nighttime sleep.**
- 5. Avoid using electronic devices before bed and keep them out of the bedroom.**
- 6. Make sure you are physically active during the day, preferably outside – but not too close to bedtime!**



AT LEAST 1 OUT OF EVERY 2 PEOPLE WITH ADHD REPORT SIGNIFICANT SLEEP PROBLEMS

Your Mental Well-Being
Mental health is just as important as physical health to overall well-being. People with ADHD often have a co-existing condition along with their ADHD, which can pose additional challenges to mental well-being. 85% of adults with ADHD have a co-existing condition.

NUTRITION:

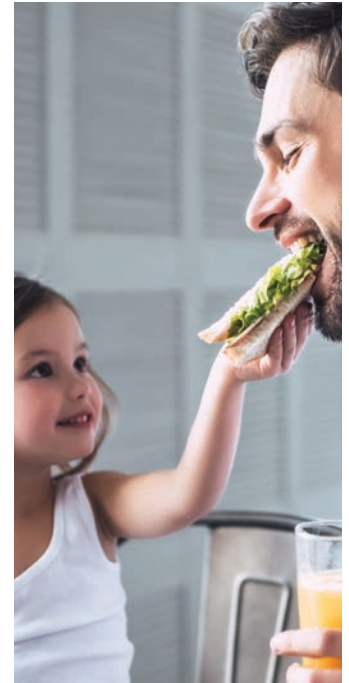
While there's no proven link between ADHD and diet, we do know that an unhealthy diet can influence attention and functioning. Your doctor or dietitian can give you specific guidance on healthy food choices, but Canada's Food Guide is a good place to start. You can download Canada's Food Guide at <https://food-guide.canada.ca/en/>.



NOT JUST WHAT YOU EAT...

Healthy eating is more than the foods you eat. It's also about where, when, why, and how you eat.

The predictability and structure of planning meals, creating and following grocery lists, and having consistent meal times can help people with ADHD who often struggle with balance in their lives. The familial and social support of eating with friends or family is also important for people who have ADHD.



OTHER STRATEGIES YOU CAN TRY

Ensure you eat well when appetite is not affected – at breakfast for example, before medication begins to take effect, then again after the medication has worn off in the evening.

If you don't have much appetite, consider reducing meal portions, but increase meal frequency.

Talk to your healthcare professional about setting goals and measures to help make good nutrition a healthy habit.

*How can I eat well when I have no appetite?
In some people, ADHD medication can cause a loss of appetite. It can also make your mouth dry. Protein shakes and nutritional drinks are designed to provide calories and nutrients in the form of tasty beverages during times when you don't feel like eating.*



EXERCISE:

REGULAR EXERCISE CAN HELP

- Decrease stress and frustration
- Improve focus
- Increase endorphins (the “feel-good” chemicals in your body)
- Improve mood
- Restore a sense of well-being



FOR ADULTS (18-64 YEARS OF AGE)

The Public Health Agency of Canada recommends:

- Being active for **at least 2.5 hours per week**
- Focusing on **moderate to vigorous aerobic activity**, broken down into sessions of 10 minutes or more
- Including activities that **target your muscles and bones** at least 2 days per week



MAKE IT A HABIT

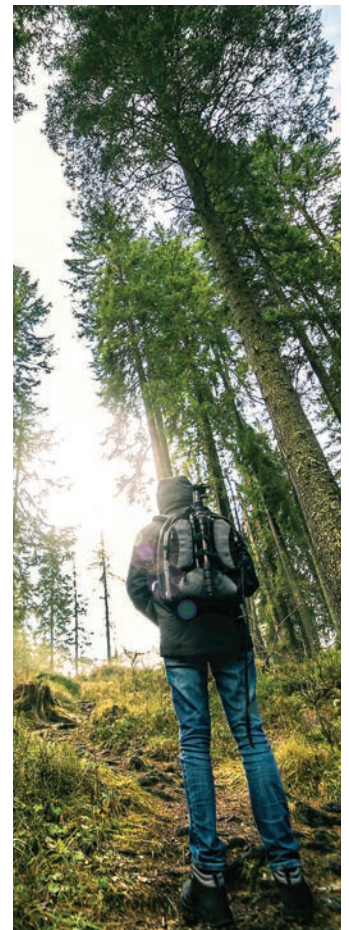
Commit to being active first thing in the morning before other distractions set in.

Or make it a habit to stop at the gym on the way home from work. Register for a race, enroll in a fitness class, join a sports team – all of these planned exercises will help keep you committed. Bring a friend to help keep you motivated and to help make physical activity more enjoyable!



UNPLUG

Limit the time you spend on your devices. Living in a virtual world gets in the way of achieving goals in the real world. Track the time you spend on your device for one week. You might be surprised to see how much time you waste! Put that time to better use by getting together with friends and going for a walk.



Quick tips to get you moving!

Do things you enjoy. Try a variety of different activities until you find ones you like. If you enjoy doing something, you are more likely to stick with it!





LIFESTYLE STRATEGIES:

Things you can do right now to help you own your day!

- 1.** Identify your goals
- 2.** Target behaviours you'd like to change

START SMALL.

PICK ONE AREA THAT YOU WANT TO IMPROVE ON BEFORE MOVING ON TO THE NEXT.

IF YOU ARE RELUCTANT TO TAKE ON LARGE PROJECTS, OR IF YOU AVOID LENGTHY READING

Break the task down into chunks. Tackle each section at a time. Take breaks if you have to, to help you process the information you've just completed.



IF YOU TEND TO LOSE YOUR TEMPER/HAVE A "SHORT FUSE"

Learn to recognize when you feel your anger building, and walk away. This will give you time to clear your head and calm down. If you can't get away, practice deep breathing exercises and count to 10 before reacting. When you're calm, you have the ability to *act*, rather than *react*.

IF YOU TEND TO MISPLACE YOUR PHONE OR KEYS

Put your phone, keys, or household items in labeled, different coloured folders or containers in prominent locations.



IF YOU FORGET THINGS IN THE MORNING BEFORE LEAVING HOME

Post visual reminders (lists, reminders, sticky notes) and check that you have them before you leave. Plan the night before. Gather everything you'll need for the next day and put it in one location – for example, keys, gloves, work bag. Add a note to remind you to get your lunch out of the fridge. Make use of the planners and reminders on your phone.



IF YOU TEND TO RUN LATE FOR APPOINTMENTS

Use a timer as an alert. Teach yourself to plan ahead.

IF YOU MISS APPOINTMENTS

Use a calendar to keep track of your appointments so that you can see what is planned for the future.

ADHD COACH

www.adhdcoaches.org

The ADHD Coaches Association (ACO) is the worldwide professional membership organization for ADHD coaches. ADHD coaches are trained life coaches who have specific qualifications and expertise in coaching people affected by ADHD. ADHD coaching addresses the specific needs of people who have ADHD. Therefore, an ADHD coach will work with you to understand your lifestyle, help you to develop personalized goals and work with you to help achieve your goals. At the moment, Canada has no regulations regarding qualifications for ADHD coaches. Make sure you ask individual coaches for their training qualifications and don't be shy about requesting testimonials from past clients.

FIND A COACH

www.adhdcoaches.org/find-a-coach

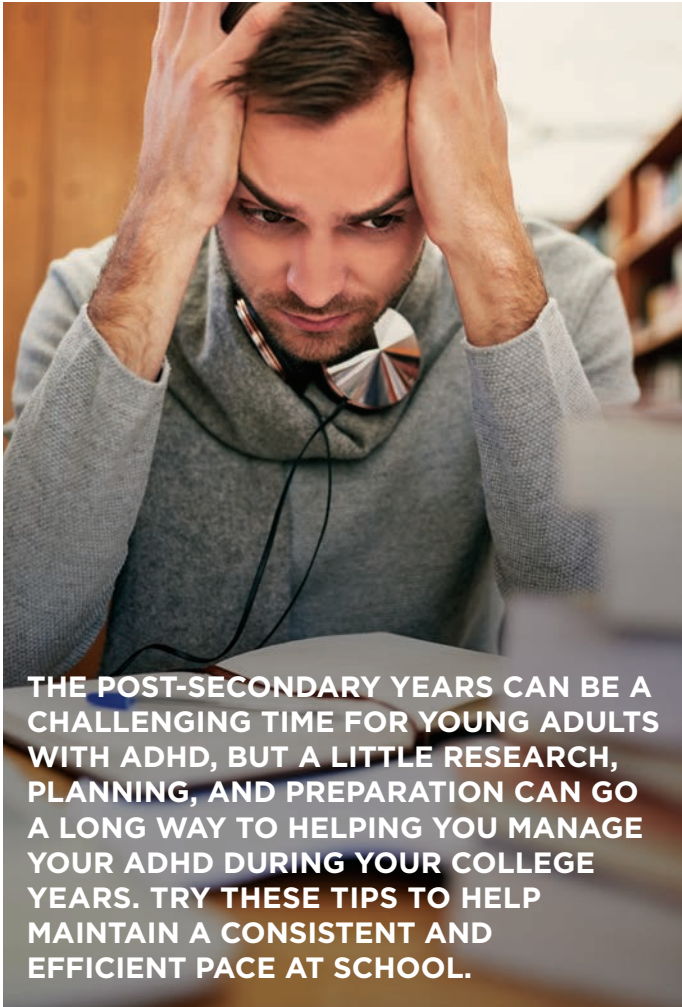
Use the directory to find an ADHD coach in your area.



Disclaimer: Neither ADHDCoaches.org, nor the sponsor of this booklet can guarantee the services of the coaches on the list provided, and individual experiences will vary. The ACO is not responsible for the services of the coaches.

TOP 5 LIFESTYLE TIPS

FOR POST-SECONDARY STUDENTS



THE POST-SECONDARY YEARS CAN BE A CHALLENGING TIME FOR YOUNG ADULTS WITH ADHD, BUT A LITTLE RESEARCH, PLANNING, AND PREPARATION CAN GO A LONG WAY TO HELPING YOU MANAGE YOUR ADHD DURING YOUR COLLEGE YEARS. TRY THESE TIPS TO HELP MAINTAIN A CONSISTENT AND EFFICIENT PACE AT SCHOOL.

STRESS MANAGEMENT FOR STUDENTS: HEALTHYMINDS APP

The HealthyMinds app was developed to provide students with a problem-solving tool that can help them better manage their emotions and cope with the stresses they encounter on and off campus. The goal of HealthyMinds is to emphasize the importance of taking care of your brain health as part of your overall physical well-being. You can download it for free on iTunes!



Contact the on-campus Accessibility/Disability Centre to find out what assistance and programs are available. Make sure you have all of the medical documentation you need to help ensure you get the assistance you need. Visit CADDAC.ca for more information.



Use organizational software apps to keep notes, lists, ideas and help with writing. Awesome Note 2 is an innovative app that allows users to quickly jot down thoughts, view their calendar, schedule, to-do lists, etc. seamlessly. Available on the App Store.



Choose preferential seating in lectures (close to the lecturer, away from visual or auditory distractions such as cycling heating/cooling units).



Request access to a scribe or note taker to take notes for those courses where it is necessary to focus on the lecture, rather than switching attention between the lecture to ensure lecture notes are adequate and thorough enough to review for tests/exams.



Videotape lectures if granted permission and review them later to reinforce class work.

LIFESTYLE TIPS *for* **MANAGING ADHD AT WORK**

To manage your ADHD in the workplace, you need to take action. Individuals with ADHD often prefer not to disclose their ADHD in the workplace given the stigma attached to it, so you need to do what you can to ensure you are in control of emotions and behaviours. A few suggestions:

- 1. SUGGEST REGULAR AND FREQUENT MEETINGS WITH YOUR MANAGER AND WORK TOGETHER TO MAKE YOUR WORK EXPERIENCE POSITIVE. YOU MAY OR MAY NOT WISH TO DISCLOSE YOUR CONDITION TO YOUR MANAGER, BUT YOU SHOULD KEEP THEM APPRISED OF CHALLENGES YOU MAY BE HAVING BECAUSE OF YOUR ADHD AND WORK TOGETHER TO OVERCOME THEM.**
- 2. SET GOALS, LEARN TO PRIORITIZE, AND REVIEW PROGRESS ON A REGULAR BASIS.**
- 3. IDENTIFY TIME MANAGEMENT TECHNIQUES THAT WORK FOR YOU (FOR EXAMPLE, USING A PLANNER, APPS).**
- 4. DECLUTTER AND CREATE A WORK-FRIENDLY ENVIRONMENT.**



CHADD.ORG

Visit chadd.org/for-adults/succeeding-in-the-workplace for tips to help you succeed in the workplace, including:

- **Ways to minimize being distracted**
- **Ideas to infuse movement into your day**
- **Strategies for effective time management**
- **Techniques to manage projects**

ONLINE RESOURCES FOR ADHD

IN ADDITION TO YOUR HEALTHCARE TEAM THERE ARE A NUMBER OF ONLINE RESOURCES AVAILABLE TO:

- **HELP INCREASE YOUR UNDERSTANDING OF ADHD**
- **PROVIDE LIFESTYLE TIPS TO HELP WITH DAILY LIVING**
- **PROVIDE FORUMS FOR DISCUSSIONS TO INTERACT WITH OTHER PEOPLE LIVING WITH ADHD**



1

CADDAC

The Centre for ADHD Awareness, Canada (CADDAC) is a national, not-for-profit organization providing leadership and support in awareness, education, and advocacy for ADHD organizations and individuals across Canada. Note: only some of the pages have been translated into French.

www.caddac.ca

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CH.A.D.D. CANADA

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. Website is in English only.

www.chaddcanada.com

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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 students and adults with ADHD. You can also access tools, resources and assessment forms. Content is available in French and English.

www.caddra.ca

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ATTENTION DEFICIT INFO

Created and developed by Dr. Annick Vincent, physician-psychiatrist, this site is an easy-to-use resource for people affected by ADHD. Dr. Vincent provides several practical tips including advice on sleep, nutrition, exercise, and dealing with ADHD at school. Content is available in French and English.

www.attentiondeficit-info.com

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TOTALLYADD

TotallyADD is dedicated to helping adults with ADHD and those affected by it (family, employers, health professionals, etc.). Blogs, videos, forums, and newsletters all round out the offering of this tongue-in-cheek website. Website is in English only.

www.totallyadd.com

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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. Content is available in French and English.

www.beingmewithadhd.ca

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ADDITUDE

A trusted resource for families and adults living with ADHD as well healthcare professionals who work with them. ADDITUDE is a highly comprehensive website that is easy to read and easy to navigate. It features information on tests, treatment, parenting tips, news, forums, webinars, as well as a section specifically for healthcare professionals.

www.additudemag.com

A man with glasses and a woman are looking at a laptop screen together. The man is wearing a light blue shirt and glasses, and the woman is wearing an orange sweater. They are both looking intently at the screen.

ABOUT FOQUEST®

FOQUEST.CA

**LEARN MORE ABOUT YOUR
TREATMENT AT FOQUEST.CA,
A WEBSITE DESIGNED
SPECIFICALLY FOR PEOPLE
TAKING FOQUEST®.**



Your doctor has carefully chosen FOQUEST® as part of a treatment plan to help manage your ADHD symptoms. Medications are part of an integrated and multimodal treatment plan that may include educational and psychosocial interventions. FOQUEST® is used to treat Attention Deficit Hyperactivity Disorder (ADHD) in people 6 years of age and older.

FOQUEST® is NOT recommended for use in children under 6 years of age.

FOQUEST® IS ONE PART OF YOUR TREATMENT PROGRAM. TREATMENT WITH FOQUEST®, OR OTHER STIMULANTS, SHOULD BE COMBINED WITH OTHER MEASURES, SUCH AS PSYCHOLOGICAL COUNSELLING, EDUCATIONAL AND SOCIAL MEASURES, AS PART OF A TOTAL TREATMENT PROGRAM. YOUR HEALTHCARE PROFESSIONAL CAN HELP YOU FIND THE COUNSELLING AND SUPPORT THAT YOU NEED.

CHECK IN WITH YOUR DOCTOR: REGULAR FOLLOW-UP

Be sure to schedule regular follow-up appointments with your doctor to discuss your progress and how your symptoms are being managed while taking FOQUEST®. Also, it is important to follow-up with your doctor if you undergo any significant lifestyle changes like starting a new job or taking on additional responsibilities.

FOR FOQUEST® TO WORK ITS BEST,

it is important that you take it once daily; as soon as possible in the morning (at the same time). Your doctor may need to change the dose of FOQUEST® at your follow-up appointment; this is not unusual. It may take a few follow-up visits with your doctor to determine the best FOQUEST® dose for you.

DAILY DIARY

Consider keeping a daily diary so that you can refer to it when you meet with your doctor to discuss your progress while you are taking FOQUEST®. By using the diary, you can track your activities and how you are feeling all on a daily basis; this will give your doctor insight for your care.

ADDITIONAL HEALTH CONCERNS

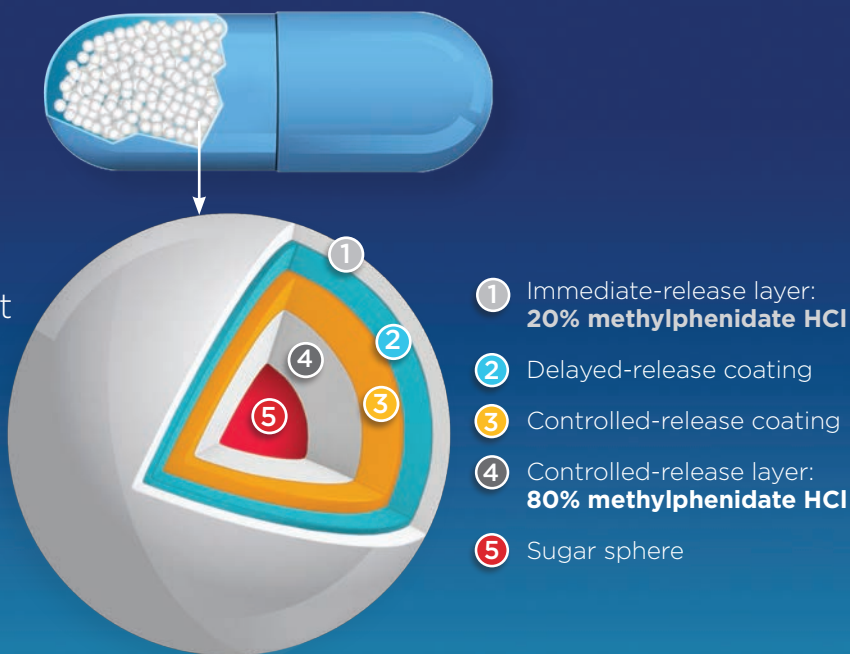
At your follow-up visit, you can also discuss any other health concerns you may have with your doctor. It is fairly common for other medical disorders to occur in adults with ADHD. Your doctor will be able to help you address and manage the additional health issues you may have.


HOW DOES FOQUEST[®] WORK?

FOQUEST[®] contains methylphenidate hydrochloride, which belongs to a group of medicines called central nervous system stimulants. It works by changing the levels of certain chemicals in the brain. This, in turn, helps to increase attention and decrease impulsivity and hyperactivity in patients 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.




METHYLPHENIDATE HYDROCHLORIDE
CONTROLLED RELEASE CAPSULES

HOW IS FOQUEST[®] TAKEN?

Your healthcare professional will decide the dose that is right for you.

Always follow the directions of your healthcare professional and never change your dose or stop taking FOQUEST[®] without first discussing it with your healthcare professional.

FOQUEST[®] should be taken once a day, with or without food, as soon as possible in the morning, as the effects of FOQUEST[®] can last late into the evening and may affect your sleep.

FOQUEST[®] CAPSULES MAY BE SWALLOWED WHOLE:

With a full glass of water.
Never crushed or chewed.

OR

SPRINKLED ONTO FOOD:



1. Measure a tablespoon (tbsp) of applesauce, ice cream or yogurt.
2. Open the capsule.
3. Sprinkle the entire contents (beads) onto the tablespoon.
4. Take the entire mixture **immediately or within 10 minutes.**

NEVER CHEW THE CAPSULE CONTENTS (BEADS):

Rinse your mouth with water and swallow the water after taking the mixture. Do not keep any of the food/medicine mixture for another dose.

FOQUEST[®] COMES IN THE FOLLOWING DOSAGE FORMS:



IF YOU MISS A DOSE:

Wait until the next day and take the usual dose at the usual time in the morning. Do not take an afternoon dose. Do not double the dose to make up for the missed dose.

STORING FOQUEST[®]:

Keep FOQUEST[®] out of sight and reach of children and pets. Store at room temperature (15°C to 30°C). Protect from moisture.

DISPOSAL:

Keep unused or expired FOQUEST[®] in a secure place to prevent theft, misuse or accidental exposure. **Do not throw into the trash.** You can return unused or expired capsules to a pharmacy for proper disposal.

THINGS TO KNOW BEFORE YOU START FOQUEST[®]

Dependence and Tolerance

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

DO NOT USE FOQUEST[®] IF YOU:

- Are allergic to methylphenidate hydrochloride, any other central nervous system stimulants, or any of the other ingredients in FOQUEST[®].
- Have ever had heart problems such as a heart attack, irregular heartbeat, chest pain, heart failure, heart disease or were born with a heart problem.
- Have glaucoma (increased eye pressure).
- Have moderate to severe high blood pressure.
- Have hardened arteries.
- Have an overactive thyroid gland.
- Are taking or have taken within the past 14 days medications from a group called monoamine oxidase (MAO) inhibitors.
- Have a history of drug abuse.

THINGS TO DISCUSS WITH YOUR DOCTOR BEFORE YOU START FOQUEST®

TO HELP AVOID SIDE EFFECTS AND ENSURE PROPER USE, TALK TO YOUR HEALTHCARE PROFESSIONAL BEFORE YOU TAKE FOQUEST®. TALK ABOUT ANY HEALTH CONDITIONS OR PROBLEMS YOU MAY HAVE, INCLUDING IF YOU:

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

OTHER WARNINGS YOU SHOULD KNOW ABOUT

DRIVING AND USING MACHINES

FOQUEST® can affect your ability to drive and use potentially dangerous tools or machinery. You should not drive or use tools or machinery until you know how you respond to FOQUEST®.

GROWTH IN CHILDREN

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

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, adolescents or adults with known structural heart abnormalities. Tell your healthcare professional if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

YOUR HEALTHCARE PROFESSIONAL...

will check you carefully for heart problems before starting FOQUEST® and will check your blood pressure and heart rate regularly during treatment with FOQUEST®.

SEEK IMMEDIATE MEDICAL HELP...

if you have any signs of heart problems such as chest pain, difficulty breathing or fainting while taking FOQUEST®.

MENTAL HEALTH PROBLEMS

SEROTONIN TOXICITY (also known as Serotonin Syndrome)

Serotonin toxicity is a rare but potentially life-threatening condition. It can cause serious changes in how your brain, muscles and digestive system work. You may develop serotonin toxicity if you take FOQUEST® with certain anti-depressants 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.

DRUG INTERACTIONS

Tell your healthcare professional about all the medicines you take, including any drugs, vitamins, minerals, natural supplements or alternative medicines.

SERIOUS DRUG INTERACTIONS

Do not take FOQUEST® if you are taking or have recently taken (in the last 14 days) any MAOIs such as phenelzine, tranylcypromine, or moclobemide as you may have serious side effects.

Taking FOQUEST® and clonidine (used to treat ADHD) may cause serious side effects or sudden death.

THE FOLLOWING MAY INTERACT WITH FOQUEST®:

- Alcohol – you should avoid alcohol, including any medications containing alcohol, such as some cough syrups, while taking FOQUEST®.
- Clonidine used to treat ADHD.
- 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).

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 you have mental health conditions that you may or may not know about. Tell your healthcare professional about any mental problems or about any personal or family history of suicide, bipolar illness, or depression you or your child have.

A SMALL NUMBER OF PATIENTS TAKING ADHD DRUGS MAY HAVE FEELINGS OF:

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

These suicidal thoughts or behaviours can happen at any time during treatment but are more likely to occur when you first start taking FOQUEST®, when your dose changes, or after stopping FOQUEST® treatment. **Should this happen to you, or to those in your care if you are a caregiver or guardian, consult your healthcare professional immediately. Close observation by a healthcare professional is necessary in this situation.**



WHAT ARE POSSIBLE SIDE EFFECTS FROM USING FOQUEST®?

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

SIDE EFFECTS MAY 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)

SERIOUS SIDE EFFECTS AND WHAT TO DO ABOUT THEM:

SYMPTOM / EFFECT	TALK TO YOUR HEALTHCARE PROFESSIONAL		STOP TAKING FOQUEST® AND GET IMMEDIATE MEDICAL HELP
	ONLY IF SEVERE	IN ALL CASES	
VERY COMMON			
Mental Health Problems: Paranoia, delusions Hallucinations: seeing, feeling or hearing things that are not real Mania: feeling unusually excited, or over-active Depression Agitation, irritability, anxiety, nervousness Aggression, hostility Compulsions		✓	
COMMON			
Heart Problems: Fast heartbeat, palpitations, chest pain, difficulty breathing, fainting			✓

SERIOUS SIDE EFFECTS AND WHAT TO DO ABOUT THEM:

SYMPTOM / EFFECT	TALK TO YOUR HEALTHCARE PROFESSIONAL		STOP TAKING FOQUEST® AND GET IMMEDIATE MEDICAL HELP
	ONLY IF SEVERE	IN ALL CASES	
COMMON			
Eye Problems: Blurred vision, abnormal blinking or eyelid spasms		✓	
Hypertension (high blood pressure): Shortness of breath, fatigue, dizziness or fainting, chest pain or pressure, swelling in your ankles and legs, bluish colour to your lips and skin, racing pulse or fast or uneven heartbeat.	✓		
UNKNOWN			
Suicidal Behaviour: Thoughts or feelings about harming yourself			✓
Raynaud's Phenomenon: Discolouration of the fingers and toes, pain, sensations of cold and/or numbness		✓	
Seizures or Convulsions: Loss of consciousness with uncontrollable shaking (fit)			✓
Serious Allergic Reaction: Itching, skin rash, swelling of the mouth, face, lips, or tongue, trouble swallowing, trouble breathing			✓
Priapism: Long-lasting (greater than 4 hours in duration) and painful erection of the penis			✓
Rhabdomyolysis (breakdown of damaged muscle): muscle weakness, muscle pain, muscle spasms, red-brown coloured urine		✓	
Bladder Infection: Increased need to urinate, pain when urinating, blood in the urine		✓	
Tourette's Syndrome: Motor tics (hard-to-control, repeated twitching of any part of your body) and verbal tics (hard-to-control repeating of sounds or words)			✓
Edema: Swollen hands, ankles or feet	✓		
Nosebleed	✓		

If you have a troublesome symptom or side effect that is not listed here or becomes bad enough to interfere with your daily activities, talk to your healthcare professional.



STRATEGIES FOR MANAGING ADHD

Quest

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CA-FOQ-2200075E

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