ADHD Doctor Discussion Guide

ADHD Symptom Checklist

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurobehavioral disorder that appears as a persistent pattern of inattention and/or hyperactivity/impulsivity that may interfere with your child’s daily life and is inconsistent with his or her age. This checklist is a tool to let the doctor know what ADHD symptoms your child may be experiencing, the frequency in which he/she experiences them, and in what settings (at home, at school, in social situations) they occur.

It may be helpful to:
- Record your own observations
- Ask for input from teachers and family members who know your child well
- Have your child complete a checklist and then compare notes

You can use the ADHD Symptom Checklist at your child’s first visit with the doctor, and during follow-up visits to help the doctor understand how your child is doing while on treatment.

Please note, this checklist is not a diagnostic tool. Only a doctor or other trained health care professional can diagnose ADHD.

Checklist key:
- Home = 🏡
- Work or School = 📝
- Social = 🎉

Mark each section with: Never = N  Sometimes = S  Often = O

<table>
<thead>
<tr>
<th>Symptoms of inattention in the past 6 months:</th>
<th>Home</th>
<th>Work or School</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Careless mistakes/lack of attention to details</td>
<td>🏡</td>
<td>📝</td>
<td>🎉</td>
</tr>
<tr>
<td>Examples: overlooks or misses details; work is inaccurate</td>
<td></td>
<td></td>
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<tr>
<td>2 Has difficulty paying attention</td>
<td>🏡</td>
<td>📝</td>
<td>🎉</td>
</tr>
<tr>
<td>Example: has difficulty remaining focused during class, conversations, or lengthy readings</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 Does not seem to listen when spoken to directly</td>
<td>🏡</td>
<td>📝</td>
<td>🎉</td>
</tr>
<tr>
<td>Example: mind seems elsewhere, even in the absence of obvious distraction</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>4 Fails to follow through on instructions, schoolwork, or chores</td>
<td>🏡</td>
<td>📝</td>
<td>🎉</td>
</tr>
<tr>
<td>Example: starts tasks but quickly loses focus and is easily sidetracked</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 Has difficulty organizing tasks and activities</td>
<td>🏡</td>
<td>📝</td>
<td>🎉</td>
</tr>
<tr>
<td>Examples: messy, disorganized work; poor time management</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>6 Avoids tasks requiring sustained mental effort</td>
<td>🏡</td>
<td>📝</td>
<td>🎉</td>
</tr>
<tr>
<td>Examples: schoolwork or homework</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 Loses things</td>
<td>🏡</td>
<td>📝</td>
<td>🎉</td>
</tr>
<tr>
<td>Examples: school materials, pencils, or books</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 Easily distracted</td>
<td>🏡</td>
<td>📝</td>
<td>🎉</td>
</tr>
<tr>
<td>9 Forgetful in daily activities</td>
<td>🏡</td>
<td>📝</td>
<td>🎉</td>
</tr>
<tr>
<td>Example: chores</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### ADHD Symptom Checklist, continued

**Symptoms of hyperactivity/impulsivity in the past 6 months:**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Fidgets with or taps hands or feet or squirms in seat</td>
<td></td>
</tr>
</tbody>
</table>
| 2 | Leaves seat in situations when remaining seated is expected  
*Example: leaves seat in the classroom or other situations that require remaining seated* |   |
| 3 | Runs or climbs in situations where it is inappropriate |   |
| 4 | Unable to play quietly |   |
| 5 | “On the go,” acts as if “driven by a motor”  
*Examples: unable to stay still, may be experienced by others as hard to keep up with* |   |
| 6 | Talks excessively |   |
| 7 | Blurs out answers before questions have been asked  
*Examples: completes people’s sentences; can’t wait for turn in conversation* |   |
| 8 | Has difficulty awaiting his/her turn  
*Example: while waiting in line* |   |
| 9 | Interrupts or intrudes on others  
*Examples: butts into conversations, games, or activities; uses other people’s things without asking or receiving permission* |   |

**Mark each section with:**  
- Never = N  
- Sometimes = S  
- Often = O
Questions to Ask Your Child’s Doctor About ADHD

Here is a list of questions about ADHD that you may want to ask your child’s doctor.

- What is ADHD?
- How do I know my child has ADHD and not something else?
- Will my child eventually grow out of ADHD?
- How can ADHD symptoms change over time?
- What are some tips for talking to my child about ADHD?

Tips for Your Child’s Appointment

Be Early.
Plan to arrive at least 15 minutes early for your appointment to complete paperwork and to review your notes.

Be Assertive.
You know your child, and your child’s doctor knows ADHD. You are your child’s advocate. Make sure you feel your questions have been answered.

Write Things Down.
Take notes during or shortly after the appointment to help you remember what you talked about. Encourage your child to talk about what was discussed during the appointment and compare your recollections.

Keep an Open Dialogue.
Let the doctor know how your child is responding to any treatment; everyone responds differently.

Involv[e Your Child at Every Step of the Process.
By including your child in conversations with the doctor, you are helping to create a team approach to managing your child’s ADHD.

- Let your child know what to expect; for example, that a treatment plan for ADHD may include medication, therapy, or both.
- Encourage your child to speak to the doctor about ADHD symptoms your child may be experiencing and how he or she is doing with their treatment plan. NOTE: the more your teen (13–17) feels a sense of control over the conversation, the better he or she will feel about taking charge of his or her health, including ADHD.
Vyvanse® is a prescription medicine used for the treatment of ADHD in patients 6 years and above. Vyvanse is not for weight loss. It is not known if Vyvanse is safe and effective for the treatment of obesity.

**IMPORTANT SAFETY INFORMATION**

Vyvanse® is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others and is against the law.  

SAFETY INFORMATION CONTINUED BELOW

**Questions for Your Child’s Doctor About Vyvanse (lisdexamfetamine dimesylate)**

Here is a list of questions about Vyvanse that you may want to ask your child’s doctor.

- Is Vyvanse an option for my child?
- How may Vyvanse help with my child’s ADHD symptoms?
- Who should not take Vyvanse?
- What important safety information should I know about Vyvanse?
- What common side effects of Vyvanse?
- What time of day should Vyvanse be taken?
- Does my child need to take Vyvanse every day? Are there times when it’s okay to stop taking Vyvanse?
- Can Vyvanse be taken with other medications?
- How do you know if Vyvanse is working?

Drug treatment may not be appropriate for all patients with ADHD.

**IMPORTANT SAFETY INFORMATION FOR VYVANSE (continued)**

Vyvanse is a stimulant medicine. Tell the doctor if you or your child have ever abused or been dependent on alcohol, prescription medicines, or street drugs.

**Who should not take Vyvanse?**

Do not take Vyvanse if you or your child is:

- taking or has taken an anti-depression medicine called a monoamine oxidase inhibitor (MAOI) within the past 14 days.
- sensitive or allergic to, or had a reaction to other stimulant medicines.

**Problems that can occur while taking Vyvanse. Tell the doctor:**

- if you or your child have heart problems or heart defects, high blood pressure, or a family history of these problems. This is important because sudden death has occurred in people with heart problems or defects taking stimulant medicines, and sudden death, stroke and heart attack have happened in adults taking stimulant medicines. Since increases in blood pressure and heart rate may occur, the doctor should regularly check these during treatment. **Call the doctor right away if you or your child have any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.**
PROBLEMS THAT CAN OCCUR WHILE TAKING VYVANSE. TELL THE DOCTOR: (CONTINUED)

- if you or your child have mental problems, or a family history of suicide, bipolar illness, or depression. This is important because new or worsening behavior and thought problems or bipolar illness may occur. New symptoms such as seeing or hearing things that are not real, believing things that are not true, being suspicious, or having new manic symptoms may occur. CALL THE DOCTOR RIGHT AWAY IF THERE ARE ANY NEW OR WORSENING MENTAL SYMPTOMS DURING TREATMENT.

- if you or your child have circulation problems in fingers and toes (peripheral vasculopathy, including Raynaud’s phenomenon). Fingers or toes may feel numb, cool, painful, sensitive to temperature and/or change color from pale, to blue, to red. CALL THE DOCTOR RIGHT AWAY IF ANY SIGNS OF UNEXPLAINED WOUNDS APPEAR ON FINGERS OR TOES WHILE TAKING VYVANSE.

- if your child is having slowing of growth (height and weight); Vyvanse may cause this serious side effect. Your child should have his or her height and weight checked often while taking Vyvanse. The doctor may stop treatment if a problem is found during these check-ups.

- if you or your child are pregnant or plan to become pregnant. It is not known if Vyvanse may harm your unborn baby.

- if you or your child are breastfeeding or plan to breastfeed. Do not breastfeed while taking Vyvanse. Talk to your doctor about the best way to feed your baby if you take Vyvanse.

WHAT ARE POSSIBLE SIDE EFFECTS OF VYVANSE?
The most common side effects of Vyvanse reported in ADHD studies include:

- anxiety
- decreased appetite
- diarrhea
- dizziness
- dry mouth
- irritability
- loss of appetite
- nausea
- trouble sleeping
- upper stomach pain
- vomiting
- weight loss

FOR ADDITIONAL SAFETY INFORMATION, CLICK HERE FOR PRESCRIBING INFORMATION AND MEDICATION GUIDE, AND DISCUSS WITH YOUR DOCTOR.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.