

Your ADHD Discussion Guide

Mark any symptoms you've experienced regularly for at least 6 months. Discuss them with your doctor and explain how they've been impacting your world.

This checklist is derived from American Psychiatric Association diagnostic criteria to help you and your healthcare professional find out if Attention-Deficit/Hyperactivity (ADHD) symptoms may be present in your life and when.

Note: This checklist is not a diagnostic tool. Having some of the symptoms listed below does not necessarily mean you have ADHD. Only a healthcare professional can diagnose ADHD.

Symptoms of inattention in the past 6 months



Home



Work



Social

1. Careless mistakes/lack of attention to details

Do you overlook or miss details? Turn in inaccurate work?

2. Lack of sustained attention

Do you have difficulty staying focused during class, conversations, or lengthy readings?

3. Poor listening

Does your mind seem elsewhere, even when there isn't an obvious distraction?

4. Not following through on tasks

Do you start tasks but quickly lose focus? Get easily sidetracked?

5. Poor organization

Are you messy or disorganized? Do you have poor time management skills? Do you miss deadlines?

6. Avoids tasks requiring sustained mental effort

Do you rather not prepare reports, complete forms, or review lengthy papers?

7. Losing things

Do things like your wallet, keys, paperwork, eyeglasses, or phone go missing?

8. Easily distracted by extraneous stimuli or unrelated thoughts

Does your mind wander a lot?

9. Forgetful in daily activities

Do you forget to return calls, pay bills, or keep appointments?

ADHD Symptom Checklist, continued

Symptoms of hyperactivity/impulsivity in the past 6 months



1. Fidgeting

Do you tap your hands, feet, or squirm in your seat?

2. Leaving seat when you're expected to stay seated

Do you have trouble staying seated at work or in other situations that require remaining seated?

3. Excessive running/climbing, or feeling restless

Do you often feel restless?

4. Difficulty with quiet activities

Is it hard for you to get through a presentation or movie?

5. "On the go"

Are you unable, or uncomfortable being still for an extended time? Do others find it difficult to keep up with you?

6. Excessive talking

Do you catch yourself doing more than your fair share of chatting?

7. Blurting out answers

Do you complete people's sentences and "jump the gun" in conversations?

8. Difficulty awaiting turn

Do you have trouble waiting in line?

9. Interrupts or intrudes on others

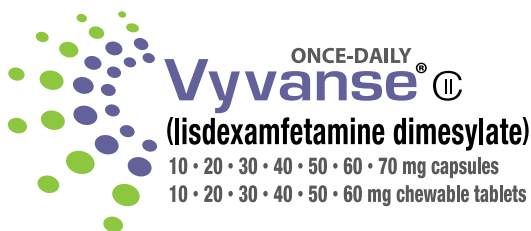
Do you butt into conversations or activities? Use other people's things without asking? Take over what others are doing?

Ask your doctor questions about ADHD

- What is ADHD?
- How do I know I have ADHD and not something else?
- How can ADHD symptoms change over time?
- Do ADHD treatments cure ADHD?
- What are the most common side effects of ADHD medications?

[Learn more](#) about a treatment option for adults with ADHD on the next page and talk to your doctor.

Vyvanse is a prescription medicine used for the treatment of Attention-Deficit/Hyperactivity Disorder (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 to ask your doctor about Vyvanse

Vyvanse is the #1 prescribed branded ADHD medication. Find out if it's right for you by asking your doctor the questions below. **Medication treatment may not be appropriate for all patients with ADHD.**

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

IMPORTANT SAFETY INFORMATION (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 are:

- taking or have 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.

Serious problems can occur while taking Vyvanse. Tell the doctor:

- if you have heart problems, heart defects, high blood pressure, or a family history of these problems. Sudden death has occurred in people with heart problems or defects taking stimulant medicines. Sudden death, stroke and heart attack have happened in adults taking stimulant medicines. Your doctor should check you or your child carefully for heart problems before starting Vyvanse. 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.**

Please see additional safety information on the following pages and discuss with your doctor.

IMPORTANT SAFETY INFORMATION (continued)

Serious problems can occur while taking Vyvanse. Tell the doctor: (continued)

- if you or your child have mental (psychiatric) problems, or a family history of suicide, bipolar illness, or depression. New or worse behavior and thought problems or new or worse bipolar illness may occur. New psychotic symptoms (such as seeing or hearing things that are not real, believing things that are not true, being suspicious) or new manic symptoms may occur. **Call the doctor right away if there are any new or worsening mental symptoms or problems 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 (lisdexamfetamine dimesylate).**
- if your child is having slowing of growth (height or weight). The doctor should check your child's height and weight often while on Vyvanse, and may stop treatment if a problem is found.
- if you or your child have symptoms of serotonin syndrome: agitation, hallucinations, coma, or changes in mental status; problems controlling movements or muscle twitching, stiffness, or tightness; fast heartbeat; sweating or fever; nausea, vomiting or diarrhea. Call your doctor or go to the emergency room if symptoms occur. Serotonin syndrome may occur if Vyvanse is taken with certain medicines and may be life-threatening.
- if you are pregnant or plan to become pregnant. It is not known if Vyvanse may harm your unborn baby.
- if you 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 in ADHD include:

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

For additional safety information, click here for [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.



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