ADHD Medication Titration

A Patient Information Leaflet – Your First Six Months

About this leaflet

• Starting ADHD medication is a positive step. The months ahead can bring questions about what titration means, what to expect at each review, and what side effects are normal.

• This leaflet walks you through a typical six-month titration pathway at NeuroFX, aligned with NICE guideline NG87.

• It is not a substitute for personalised clinical advice. Please discuss any concerns with your prescriber.

What is titration, and why does it matter?

Titration is the structured process of finding the lowest effective dose of ADHD medication that gives you consistent benefits with manageable side effects. Your clinician increases or adjusts the dose in measured steps and monitors your response.

The aim is not a perfect result on day one. It is a steady, safe optimisation that fits your goals, lifestyle, and health profile.

In practice, this means short cycles of change and review. You track focus, impulsivity, executive function, and any side effects. Your clinician looks at patterns over time, then together you agree the next step: a dose adjustment, a timing change, or a switch of formulation or medication class.

Checks before medication starts

NICE NG87 recommends a clear baseline before prescribing. At NeuroFX, expect:

- Blood pressure and pulse (repeated at each review)
- Weight and, where relevant, height
- Medical history: heart, blood pressure, liver, thyroid, seizure history, any tics
- Current medications and supplements review for interactions
- Mental health review: mood, anxiety, sleep, substance use

For some people, blood tests or an ECG may be requested based on personal or family history. These are guided by risk factors and clinical judgement, not automatic for everyone.

Your typical titration timeline

Every plan is individual. A six-month path commonly looks like this:

Period	What happens
Weeks 0–2	Start at a low dose. Confirm tolerability and track daily patterns.
Weeks 2–6	Stepwise dose adjustments (usually every 1–2 weeks). Blood pressure and pulse checked at each change. Review of functional targets such as focus at work or study stamina.
Weeks 6–12	Fine-tuning. May include adjusting dose timing, switching to a long-acting or short-acting preparation, or changing medication class if benefits are limited.
Months 3–6	Consolidation. Monitor consistency across workdays and weekends. Prepare for shared-care or ongoing prescribing.

If side effects arise, steps slow down. If you are tolerating well but not seeing gains, dose changes may be brought forward.

What to tell your prescriber at each review

Bring real-world data. Short, honest notes are more useful than a perfect diary. Cover:

- **Benefits:** what improved, how long it lasted, which tasks felt easier, any changes noticed by others
- **Side effects:** appetite, sleep, headaches, dry mouth, irritability, anxiety, tics, palpitations
- **Timing:** when you took each dose, meals and caffeine around it, how effects changed through the day
- **Health updates:** new medications, supplements, illnesses, changes in exercise or alcohol
- **Goals for next review:** e.g. consistent coverage until 5pm or reduce lunchtime crash

Managing side effects

Common & usually short-lived

- Reduced appetite
- Mild headache
- Dry mouth
- Initial sleep changes

Your clinician may adjust dose/timing, suggest scheduled meals, hydration strategies, or consider a different formulation.

Seek urgent advice if you experience:

- Chest pain or palpitations
- Significant blood pressure rise
- Severe or sudden mood changes
- New or worsening tics

Your prescriber will explain what to watch for and how to contact the clinic.

ADHD medication and anxiety

There is no single best medication for everyone with anxiety. The choice depends on your ADHD profile, any co-existing anxiety disorder, and how you respond during titration.

Stimulants can improve anxiety indirectly by reducing overwhelm and task backlog. For some, higher doses can temporarily increase jitteriness, usually managed by dose adjustment or timing changes.

Non-stimulants may suit people with persistent anxiety or those who do not tolerate stimulants. They have a slower onset and require consistent daily use.

Simple changes such as adjusting dose timing or limiting late-day caffeine can also settle restlessness. Your clinician will always discuss options and follow NICE NG87 guidance.

Monitoring schedule

- Blood pressure and pulse at baseline and after each significant dose change, then periodically once stable
- Weight monitoring, particularly in younger patients or where appetite is affected
- Clinical reviews every 1–3 weeks during early titration, then monthly as things stabilise
- GP summary letters after key milestones to support shared-care discussions
- Remote monitoring where appropriate, with clear guidance on home readings

When switching medication is considered

A switch is considered if, after careful dose and timing adjustments, you still experience limited benefit, persistent side effects, or a poor duration of action. Options may include:

- Changing from one stimulant to another
- Moving to a non-stimulant
- Combining long-acting with occasional short-acting coverage

All decisions are individual, guided by clinical review and NICE NG87.

Lifestyle tips that complement medication

Sleep	Consistent bed and wake times. Dim screens in the last hour. Limit caffeine to the morning.
Food	Eat breakfast before dosing if advised. Plan protein-rich snacks to protect against appetite dips.
Structure	Short timed work blocks with planned breaks. Set one priority task per day to reduce overload.
Environment	Keep essentials in one place, prepare the night before, use calendar alerts and checklists.
Movement	Light exercise or a brisk walk can reduce restlessness and improve mood regulation.

These are general suggestions, not medical advice. Your clinician can help you choose one or two small changes to try between reviews.

How NeuroFX supports you

- Prescribing under a Specialist Neurodevelopmental Practitioner or Independent Prescriber, within NICE NG87
- Structured titration with clear steps, review points, and systematic side-effect checks at each stage
- Flexible online or in-person appointments with responsive support between visits for brief queries
- GP summary letters at key stages to support NHS shared-care where appropriate
- Onboarding for those diagnosed elsewhere, aligning reports with our clinical standards
- Payment options including card, Klarna, and Clearpay interest-free plans

Key takeaways

• Titration is a structured, stepwise process to find your lowest effective dose with tolerable side effects.

• Baseline checks cover cardiovascular measures, medical and medication history, and targeted investigations where clinically indicated.

• Reviews are regular and purposeful: blood pressure and pulse monitoring at dose changes, GP letters to support shared-care.

• There is no single best ADHD medication for anxiety; the right choice is personalised and guided by your response in titration.

• NeuroFX provides a six-month, NICE NG87-aligned treatment pathway with supervised prescribing and responsive support.

Ready to start or have a question?

Contact NeuroFX to discuss your start date, payment options, and how we can tailor a six-month titration to your goals.

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