

# Your ADHD Discussion Guide

Mark any symptoms you've experienced regularly over the last 6 months in the settings below. If you notice it, mark it.

This checklist is derived from American Psychiatric Association diagnostic criteria to help you and your healthcare provider find out if Attention Deficit Hyperactivity Disorder (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				SYMPTOMS OF HYPERACTIVITY/IMPULSIVITY			
	WORK	SOCIAL	HOME		WORK	SOCIAL	HOME
<b>Carelessness</b> <i>Overlook or miss details? Submit inaccurate work?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Fidgeting</b> <i>Do you tap your hands, feet or squirm in your seat?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Trouble staying focused</b> <i>Trouble focusing throughout meetings or conversations?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Can't stay seated</b> <i>Even when you're expected to?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Poor listening</b> <i>Do you become distracted during conversations?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Feeling restless</b> <i>Are you often on edge?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Easily sidetracked</b> <i>Do you start tasks then lose focus?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Difficulty with quiet activities</b> <i>Like sitting through presentations or movies?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Difficulty organizing work</b> <i>Are you disorganized and messy? Do you miss deadlines?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>"On the go"</b> <i>Uncomfortable being still for extended periods of time?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Avoid lengthy mental tasks</b> <i>Do you avoid paperwork or reviewing lengthy reports?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Talking excessively</b> <i>Ignoring or missing social cues in the process?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Losing everyday items?</b> <i>Like your keys, phone or glasses?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Interrupting others</b> <i>Do you cut others off in conversation?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Easily distracted</b> <i>Does your mind frequently wander?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Has trouble waiting in line</b> <i>In traffic, at the bank, etc.?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Forgetfulness</b> <i>Do you forget to return calls, keep appointments or pay bills on time?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Intrusiveness</b> <i>Do you butt into conversations or activities?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Ask your healthcare provider

You may have more questions about ADHD and how it can affect adults. Don't hesitate to ask them. Since time at your appointment may be limited, decide which are most important and ask those first.

- What exactly is ADHD in adults?
- How do I know I have ADHD and not something else?
- How can ADHD symptoms change over time?

**Learn More** Discover an adult ADHD treatment option on the next pages and talk to your healthcare provider.



For ADHD in patients 13 years and older. Not for use in children 12 years and younger.

## IMPORTANT SAFETY INFORMATION

**Abuse and dependence. Mydayis, other amphetamine containing medicines, and methylphenidate have a high chance for abuse and can cause physical and psychological dependence. Your healthcare provider should check you or your child for signs of abuse and dependence before and during treatment with Mydayis.**

Tell your healthcare provider (HCP) if you or your child have ever abused or been dependent on alcohol, prescription medicines, or street drugs. Your HCP can tell you how physical and psychological dependence and drug addiction are different.

**Mydayis is a federally controlled substance (CII) because it contains amphetamine that can be a target for people who abuse prescription medicines or street drugs. Keep Mydayis in a safe place to protect it from theft. Never give Mydayis to anyone else, because it may cause death or harm them. Selling or giving away Mydayis may harm others and is against the law.**

[MORE SAFETY INFO BELOW](#)

## WHAT ABOUT MYDAYIS®

**Mydayis** was approved for Attention Deficit Hyperactivity Disorder (ADHD) in 2017. Ask your healthcare provider about Mydayis at your next appointment. Remember, Mydayis is not approved for use in children 12 years and younger. Here are some possible conversation starters for your next appointment to help you and your healthcare provider determine if **Mydayis** may be right for you.

- 1 Lay out your day.** Let your doctor know when you need your coverage to start and end.
- 2 Discuss your current ADHD management plan.** How is it working for you?
- 3 Review your symptoms.** Do you notice different symptoms during the different parts of your day?
- 4 Talk about the impact that ADHD symptoms have on your day.** How are you managing the different aspects of your day?

## Questions for your healthcare provider about Mydayis

- Is Mydayis an option for me?
- Who should not take Mydayis?
- What are its common side effects?
- What important safety information should I know about it?
- How may it help with ADHD symptoms?
- What time of day should I take Mydayis?
- How is Mydayis different from other mixed amphetamine salts medications?
- Do I need to take it every day?
- How will I know if it's working?
- Are there times when it's OK to stop taking Mydayis?
- Can I take Mydayis with other medications?

## IMPORTANT SAFETY INFORMATION (cont'd)

### **Who should not take Mydayis?**

#### **Do not take Mydayis if you or your child is:**

- allergic to amphetamine or any of the ingredients in Mydayis. See Medication Guide for a list of ingredients.
- taking or have taken a medicine for depression (monoamine oxidase inhibitor [MAOI]) within the past 14 days.

#### **Serious problems can occur while taking Mydayis. Tell your HCP:**

- if you or your child 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 HCP should check you or your child carefully for heart problems before starting Mydayis. Since increases in blood pressure and heart rate may occur, your HCP should regularly check these during treatment. **Call your HCP or go to the ER right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Mydayis.**

For additional safety information, see the next page and click for [Medication Guide](#) and discuss with your healthcare provider.

## IMPORTANT SAFETY INFORMATION (cont'd)

- 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 hearing voices, or seeing or believing things that are not real) or new manic symptoms may occur. **Call your HCP right away if you or your child have any new or worsening mental symptoms or problems during treatment, especially hearing voices, seeing or believing things that are not real, or new manic symptoms.**
- if your child is having slowing of growth (height or weight). The HCP should check your child's height and weight often while on Mydayis, and may stop treatment if a problem is found. Mydayis is not for children 12 years and younger.
- 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. **Call your HCP if you or your child have any of these symptoms or any signs of unexplained wounds appearing on fingers or toes while taking Mydayis.**
- if you or your child have a seizure. Your HCP will stop treatment.
- 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 HCP or go to the ER if symptoms occur. Serotonin syndrome may occur if Mydayis is taken with certain medicines and may be life-threatening.
- if you or your child are or become pregnant or plan to become pregnant. It is not known if Mydayis may harm your unborn baby.
- if you or your child are breastfeeding or plan to breastfeed. You should not breastfeed while taking Mydayis. Mydayis passes into breast milk.

### **What should I avoid during Mydayis treatment?**

- Avoid drinking alcohol during treatment with Mydayis

### **What are possible side effects of Mydayis?**

The most common side effects of Mydayis include:

- trouble sleeping
- decreased appetite
- dry mouth
- increased heart rate
- anxiety
- nausea
- irritability
- weight loss

### **What is MYDAYIS?**

Mydayis (mixed salts of a single-entity amphetamine product) is a prescription medicine for ADHD in patients 13 years and older. Mydayis is not for children 12 years and younger.

**For additional safety information, click for [Medication Guide](#), including Warning about Abuse, and discuss with your healthcare provider.**

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

Takeda is committed to helping ensure the proper use of stimulant medication. Please see the [Proper Use of Prescription Stimulant Medication](#) for additional information.



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