

Titration: A step-by-step guide

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Your treatment will be managed remotely through our patient portal and will require weekly engagement for the full 12-week period of titration.

Titration is the process that introduces your new ADHD medication safely, by increasing the dose over a period of 3 to 4 weeks to find the dose that is most effective in managing your symptoms with the minimum possible side effects.

Your prescriber will communicate with you online via the MedQare portal, where you will be able to ask questions and respond to any queries.

How long will it take?

The titration timeframe is 12 weeks and is tailored to individual response to treatment.

If your first medication is not right for you, we will try a different type and then adjust the dose to balance the management of your symptoms with minimal side effects.

Visit the [Choice and Medication](#) website for more information about the different types of ADHD medication available, or read our guide: [ADHD Medication for Adults](#).

Getting started: What to expect

The titration timeframe is 12 weeks and is tailored to individual response to treatment.

If your first medication is not right for you, we will try a different type and then adjust the dose to balance the management of your symptoms with minimal side effects.

1

When you have reached the top of the titration wait list and been allocated a prescriber, they will contact you via a note on the portal and review the information in your patient record.





They may request a new set of readings if needed (blood pressure (BP), pulse and weight), and additional tests if appropriate.

2 If your prescriber is satisfied that it's safe for you to start treatment, they will issue your treatment plan and prepare your first prescription.



TIME CHECK: Please respond to any requests from your prescriber within 7 days to ensure that your treatment is not delayed.

What do I need to do?

Read your treatment plan, which you will find attached to your prescriber's note as a PDF file. The Companion App will not allow you to open a PDF, so you will need to log into the portal to read or download your plan.

If you have any questions about your treatment plan, please message your prescriber straight away.

Note: You will need to commit to being in the UK throughout your titration, with frequent access to a BP monitor, computer or phone, and the internet.

We are unable to treat patients or deliver medication to patients outside the UK.

Getting your first medication supply

Your prescriber will prepare your first prescription, based on your treatment plan. They will send you a Prescription Address and Payment Exemption Certificate Form, which you will find in the 'Pending Forms' section of the portal.

The steps for requesting a prescription vary slightly according to the way you have been referred to us.

Right to Choose patients

- 1** Confirm the address and postcode you would like your medication to be sent to.

Select the option: 'Send MEDICATION to the address'. This option means your medication will be dispensed by our linked pharmacy, and you will not need to pay a prescription fee. Choose whether you would prefer a weekday or weekend delivery.
- 2**

Note: If you opt for your prescription to be sent directly to your home address for you to take to a local pharmacy to be dispensed, as a Right to Choose patient you will be charged for this at the private prescription rate, rather than paying the standard NHS prescription fee.

- 3** Your prescription order will be posted via Royal Mail to our linked pharmacy. They will prepare and arrange to send out your medication via their approved courier service. Please check for delivery notifications from DPD or Royal Mail.
- 4** You will need to be at home to receive the medication. If it is being delivered by DPD, they will send a PIN, which you will need to accept the delivery. It can be helpful to download the DPD app to your phone, so you know when to expect your parcel.





NHS ADHD service patients

If you were referred to us as your local NHS ADHD service:

- 1 Confirm the address and postcode you would like your medication to be sent to.

Select whether you would like your prescription to be sent:

- 2
 - Directly to the address you have supplied on your prescription order form, for you to take to your local pharmacy for dispensing. Your prescriber will issue your prescription in hand-signed paper format (this is a legal requirement for controlled medications).
 - To our linked pharmacy to be dispensed and delivered to the address supplied on your form.

If you choose for your prescription to be dispensed by our linked pharmacy, they will send a payment link via the portal for you to pay a prescription charge. If you are exempt from paying NHS prescriptions, please email the pharmacy with a copy of your exemption certificate to let them know: reception@privatepharmacygroup.co.uk.

- 3
- 4 The pharmacy will prepare and arrange to send out your medication via their approved courier service. Please check for delivery notifications from DPD or Royal Mail.

- 5 You will need to be at home to receive the medication. If it is being delivered by DPD, they will send a PIN, which you will need to accept the delivery. It can be helpful to download the DPD app to your phone, so you know when to expect your parcel.

Please note: We will be unable to issue your prescription until the fee has been paid, or you have submitted evidence that you are usually exempt from paying NHS prescription charges.

If your medication is delayed, please let your prescriber know straight away.

Private patients

- 1 Confirm the address and postcode you would like your medication to be sent to.

- 2 An invoice will be sent to you via the portal to pay the prescription issue fee. (This is additional to the cost of the medication). **Please pay this promptly to avoid any delays in issuing your prescription.**

- 3 Your prescriber will issue your prescription in hand-signed paper format. This is a legal requirement for controlled medications.

Select whether you would like your prescription to be sent:

- 4
 - Directly to the address you have supplied on your prescription order form, for you to take to your local pharmacy for dispensing.
 - To our linked pharmacy to be dispensed and delivered to the address supplied on your form.

- 5 If you choose for your prescription to be dispensed by our linked pharmacy, they will send a payment link via the portal to pay for the medication. If you have any queries, please email: reception@privatepharmacygroup.co.uk.





Please pay this promptly to avoid any delay in dispensing your medication.

If your medication is delayed, please let your prescriber know straight away.

6 The pharmacy will prepare and arrange to send out your medication via their approved courier service. Please check for delivery notifications from DPD or Royal Mail.

7 You will need to be at home to receive the medication. If it is being delivered by DPD, they will send a PIN, which you will need to accept the delivery. It can be helpful to download the DPD app to your phone, so you know when to expect your parcel.

What happens if I miss my medication delivery?

1 Please email the pharmacy to ask for the medication to be re-delivered.

2 **Ensure you include the following in your email:**

- Name;
- Date of birth;
- Current address on your record;
- Address you would like your prescription to be sent to;
- Whether you prefer weekday or weekend delivery (Tuesday to Sunday).
- Please note that you can nominate a delivery day, but not a time, as this depends on DPD's schedule.

3 **Pharmacy contact details**

- Private Pharmacy Group (PPG)
- Email: reception@privatepharmacygroup.co.uk
- Tel: 0330 124 4305

Starting your new medication

1 Start taking your new medication as prescribed. From this point on, you will need to work very closely with your prescriber for the duration of the titration period.

2 Complete your first ADHD Monitoring Form on Day 5 after starting your treatment. You will find this under the 'Pending Forms' tab in the 'Forms' section of your portal. **Please note that the forms expire after one week.**

3 Take your blood pressure and pulse reading 1-2 hours after taking your medication. Read our guide: [Simple Tips for Accurate Blood Pressure Readings](#) and/or accompanying [video](#).

4 Tell your prescriber if you have any side effects and score any improvement in symptoms, compared with the symptoms you were experiencing before starting treatment.

5 Please share any concerning side effects straight away, such as palpitations, chest pain, dizziness or any distressing side effects. Your prescriber can make changes to your treatment if you are not tolerating the medication.

6 Submit your monitoring form and keep checking for any advice from your prescriber in response to the information you have given.

7 Prescribers work to a 2-3 working day response time.





TIME CHECK: Your 1st monitoring form must be completed and submitted within 10 days of your 1st prescription being issued.

8

Continue to complete monitoring forms weekly. **At the end of the 3rd week, when you have 1 remaining week of medication, send a portal note to let your prescriber** know that you need a new prescription.

9

Tell them whether you feel this medication is helping your ADHD symptoms or if there are any problematic side effects, which may indicate that the medication is not suitable.

Your prescriber will advise on a change, if appropriate, before preparing your next prescription.

How can ADHD medication help?

Although there is no cure for ADHD, medication can help to relieve symptoms that may cause problems in day-to-day life.

The effects of medication are different for every individual, but here are some of the improvements you may experience:

- 1 Increased attention span; less likely to daydream or become distracted.
- 2 Improved executive function (skills that help you manage everyday tasks, e.g. making plans, following instructions, solving problems, adapting to new situations).
- 3 Improved motivation to start and complete tasks.



4

Feeling calmer, less restless.

5

Improved emotional regulation (control of your emotions).

6

Ability to take a more measured approach to decision making: considering the consequences before acting.

7

Improved ability to prioritise and manage workload at school, university or in the workplace.

Common side effects and advice

- Appetite suppression is a known side effect. This can be managed by planning meals in advance. Try eating more before taking the medication and after it has worn off.
- During the day, plan for small, manageable snacks that can keep your blood sugar level. This will also help to keep the medication effective. Please always ensure that your calorie intake stays within the daily guidelines to keep your weight stable.
- Stay hydrated. Ensure you drink plenty of fluids.
- Dry mouth is a common side effect of stimulants and can be managed by drinking sips of water during the day. Some patients find sugar-free sweets or chewing gum helpful.





Read our guide: [Stimulants: Helpful Tips to Manage Side Effects](#)

I am finding it hard to keep up with my monitoring forms

Completing your forms can feel tiresome or hard to manage some weeks, **but they are an essential part of our online process** as they provide the information needed by your prescriber to monitor your progress, tailor your treatment, and establish the optimal dose to manage your ADHD symptoms safely.

If you do not respond promptly to any queries from your prescriber, or if you miss 3 of your monitoring updates, your case will be reviewed, and you may be discharged from our service.

However, your GP can re-refer you at a later stage if you wish.

If, for any reason, you will not be able to submit one of your monitoring updates, for example you have a holiday or medical procedure planned, please let your prescriber know as early as possible, so that your treatment plan can be worked around this.



Note: It is very important that you are familiar with our terms and conditions before starting treatment.

Read our [ADHD: Titration Engagement and Discharge Policy](#).

What will my prescriber do?

- Your prescriber will review your response to treatment and any side effects via the monitoring forms. They will guide you to continue treatment and/or advise on managing your side effects.
- Where appropriate, they will discuss any alternative treatment options with you or change your dose.
- After the third week of treatment, they will ask you to complete an ASRS (Adult ADHD Self-Report Scale) form and discuss how your treatment has progressed. They will advise on next steps in time for you to place your next prescription request.



This progress review will repeat every 3 weeks until you have completed titration.

How do I request my next prescription?

1

You will need to submit a prescription request when you have 7 days of your medication left. We regret that we do not have the capacity to request on your behalf.

2

Always give 7 days' notice before your current medication is due to run out. Our pharmacy will not be able to expedite your prescription if you run out of medication.

3

Please be aware that you cannot receive a new prescription if you have not submitted your weekly monitoring forms. Your safety is our priority.





To order your next prescription:

- 1 Please add a case note on your portal for 'Your Prescriber' and select 'Prescription Request'.
- 2 A Prescription Address and Payment Exemption Certificate Form will open after you submit the note.
- 3 For the remaining steps, please follow the instructions in the section above: [Getting your first medication supply](#).

Taking and storing your medication safely

Always read the information leaflet inside the pack carefully before starting your medication.

Alcohol can increase the risk of cardiovascular side effects, such as increased heart rate, chest pain or blood pressure changes. You should avoid or limit the use of alcohol while being treated with ADHD medication. Remember that some foods contain alcohol.

It is potentially fatally dangerous to use illicit drugs, such as cocaine and amphetamines, when prescribed ADHD medication.

Avoid using over-the-counter cold and flu medications that contain decongestants or caffeine.

It is very important to let us know if:

- You become pregnant while taking your new medication.
- You are prescribed any new medication (that you have not previously told us about) while you are in titration.

Store your medication safely to ensure it works properly and to comply with legal requirements.

If you have any questions, reach out to your prescriber. Read our guide: [Safe Storage of Medication](#).

Understanding 'unlicensed' or 'off label' medication

Despite advances in understanding that ADHD is a condition that can persist into adulthood, many ADHD medications are still only licensed for use with children.

[NICE guidelines](#) recommend several pharmacological treatments for adults with ADHD which are commonly prescribed off-label for adults, based on clinical guidelines and evidence of their effectiveness. This practice is known as unlicensed or off-label use.

Read our guide: [Unlicensed Treatment for Adults with ADHD](#).



What happens when my titration is completed?

1

Titration is completed when you are stable on your new medication. We will arrange an End of Titration Review appointment, where your prescriber will review your progress and discuss how you are finding your new medication.

2

We will write to your GP to let them know the details of your treatment to date and request Shared Care. Read our guide: [Shared Care: How it Works](#).

3

Please continue to request your prescriptions from your Psychiatry UK prescriber until your GP confirms that Shared Care has been accepted. This is to ensure there is no gap in your treatment.

4

If your GP accepts Shared Care, they will arrange to continue prescribing for you and monitor your BP, pulse, weight and height after 6 months.

5

We will contact you after 12 months to attend an Annual Review with Psychiatry UK.



Note: If your GP declines a Shared Care Agreement, we will continue to prescribe your medication.



How can I get in touch?

You can reply to any requests from your doctor or prescriber via a case note on your portal.

If you need urgent advice or support, please follow the guidance on [our website here](#).

If you have any other queries, please contact the Virtual Assistant, available on our website or via the portal, and open 24/7. If you need to speak to an advisor (available between 8am - 6pm, Monday to Friday), the Virtual Assistant can direct you to this option.

If you have a smart device, we highly recommend you download the MedQare Companion App. This way, you will receive a notification if any new notes are added to your portal dashboard. You can download it from the [Apple App Store](#), or via [Google Play](#).