

Starting your treatment journey (NHS/Right to Choose)

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If you have been referred to our Titration Service for ADHD medication treatment, this guide will help you understand what titration is and what you need to do before your treatment can begin.

What is titration?

Titration is the process of starting and adjusting your medication safely. You will be supported by one of our specialist ADHD prescribers, who will monitor how you respond to the medication and gradually adjust your dose over a period of **up to 16 weeks (usually 12-14 weeks)**. The aim is to find the dose that provides the greatest benefit in managing your symptoms while keeping side effects to a minimum.

How long will I need to wait?

You will be added to our titration waiting list on the day your Psychiatry UK doctor referred you (usually the date of your assessment appointment). You can check current estimated waiting times on our website: [Waiting Times Update](#).

During this time, we will email you every 2 months to reassure you that you remain on our waiting list, and share helpful resources such as webinars and blogs from our specialist clinicians and coaches.

Why can my GP not carry out my titration?

Guidance from the [National Institute for Health and Care Excellence \(NICE\)](#) recommends that ADHD medication is started by a specialist clinician. Not all GPs have the training or experience needed to prescribe and adjust ADHD medication during titration, and some may choose not to provide this service.

What equipment will I need?

You will need a **blood pressure (BP) monitor** to check your blood pressure and pulse before starting treatment and throughout titration. This helps us monitor any changes and make sure your treatment is progressing safely.

Before you get started

Please read our [Guide to Taking your Blood Pressure](#) for advice on choosing a BP monitor and taking accurate blood pressure readings. If you would prefer not to buy a monitor, you may wish to contact your GP practice or local pharmacy to ask whether they offer blood pressure checks.





Step 1 - Getting Started

What do I need to do?

When you join the waiting list for titration, there are a few important steps you need to complete.

Verify your identity.

- 1 Please make sure your ID verification has been completed through your portal. For more guidance, visit the [Acceptable Forms of ID](#) page on our website.

Submit your physical health information.

Complete your first **Blood Pressure, Pulse, Weight and Height Form** to provide us with your baseline readings. You will find this under **Pending Forms** in the **Forms** section of your patient portal. These readings will be used by your prescriber to monitor any changes once you have started your treatment.



Read our [Guide to Taking your Blood Pressure](#) for advice on how to take an accurate blood pressure reading.

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

3

This document explains the terms of engagement for patients using Psychiatry UK's Titration Service. It's designed to support the safe and effective management of the titration process, clarify what is expected of you, and help us prioritise your safety and care.

How will I know when I am at the top of the titration waiting list?

1

We will contact you through your portal, email and text to let you know when you are close to the top of the waiting list.

2

This notification will include information about the tasks that need to be completed before you can start titration. We refer to these tasks as your **pre-titration checklist**.





Step 2 - Getting Ready for Treatment

Completing your pre-titration checklist

When you are nearing the top of the titration waiting list, we will contact you to ask you to complete your **pre-titration checklist**. This is a set of steps that must be completed before we can allocate a prescriber to begin your titration.

Please wait until we contact you before starting the checklist.

Below is a summary of the pre-titration checklist

Check that your address and GP details are up to date.

- 1 Please go to **My Profile** in your portal dashboard and check that your details are still up to date.. This helps to ensure that your prescriptions and clinic letters are sent to the right address.

Read our step-by-step titration guide.

- 2 This guide contains helpful information about what to expect during the titration process: [Titration: A Step-by-Step Guide](#).

Complete and submit the required forms.

- 3 Please complete the forms below, making sure that you click **Submit**. You will find them in the **Forms** section of your patient portal under the **Pending Forms** tab. You will also receive direct links to these forms by text and email.



Adult Pre-Titration Checklist Form

This provides your prescriber with up-to-date information about your physical and mental health, and any medication you are taking, to assess whether it is safe for you to start treatment.



BP, Pulse, Weight and Height Form

You will need to complete a new Blood Pressure, Pulse, Weight and Height Form before starting treatment to check there have been no changes.



Prescription Address and Payment Exemption Confirmation Form or Pharmacy Address Confirmation Form.

These forms are used to confirm where your prescription or medication should be sent.

The form you receive will depend on how your prescription is being issued. This may be by courier, or through e-prescribing if this is available in your local NHS area. Your prescriber will let you know which option applies to you and which form you need to complete.



Time Check

Please complete your pre-titration checklist within **28 days** of receiving our request to avoid any unnecessary delays to your treatment.

Important: Please read

If we do not receive the information needed within this timeframe, your referral may be closed and you may be discharged from our service.

You are welcome to restart treatment at a later stage, but please note that you will need to seek a new referral from your GP. You will then need a review appointment with one of our doctors and, if they decide medication treatment is still appropriate, you will need to return to the start of our waiting list.

It is important for us to keep moving patients forward through our list to support those who are ready to begin titration.



If you have any difficulty accessing the portal or completing your forms, please contact our patient support team via **Live Chat** or by telephone: **0330 124 1980 (Mon-Fri 8am-6pm)**.

What happens next?

You will remain on the waiting list until a prescriber is available.

Once you have completed your pre-titration checklist and we have received the results of any required medical investigations, you will be allocated a prescriber to begin your treatment.



This process may take **up to 28 days** from the point at which your forms have been completed, although it is often sooner when forms are submitted promptly.

To support you while you wait, we have created a comprehensive guide to understanding your diagnosis and living well with ADHD: [A Holistic Approach to the Management of ADHD](#).



Step 3 - Meet your Prescriber

You will be assigned to a member of our specialist ADHD prescribing team

Your prescriber will contact you through the portal.

- 1 When a prescriber has been assigned, they will contact you through the portal. Please keep an eye on your text and email notifications, as these will let you know when a new portal note has been sent.

Your prescriber will review your information.

- 2 Your prescriber will review the information you have provided and let you know if anything further is needed. If they are satisfied that it is clinically appropriate to proceed, they will ask for your consent to begin treatment.

Your treatment plan and first prescription will be arranged.

- 3 If your prescriber is satisfied that it is clinically safe for you to start medication, they will confirm your treatment plan and issue your first prescription.



Step 4 - Checking your readings

How does the monitoring process work?

We request your baseline readings before treatment begins.

1

In Step 1, you submitted your first set of physical health readings, known as your **baseline readings**, including your blood pressure, pulse, height and weight.

These measurements provide your prescriber with a clear starting point, helping them monitor your health safely once treatment begins.

Take regular blood pressure and pulse readings during titration.

2

You will need to continue providing regular blood pressure and pulse readings throughout titration, using your blood pressure monitor. This allows your prescriber to safely monitor how you are responding to your medication.

Read our guide or watch the video for support.

3

For guidance, please read [How to Take an Accurate Blood Pressure Reading](#), or watch the [accompanying video](#).

Record your readings on the correct form.

4

Please record your readings on the **BP, Pulse, Weight and Height** under **Forms > Pending Forms** in your portal.

Please also include information about any improvements in your symptoms and/or any side effects.



Please inform your prescriber straight away if:

- You are already receiving, or have previously received, ADHD treatment from another service.
- You become pregnant, or are planning a pregnancy.

Please read our guide: [ADHD, Medication and Pregnancy](#).

Is there anything else I need to know?

Please read our Titration Engagement and Discharge Policy.

- 1 Before starting treatment, please take time to read our [Titration Engagement and Discharge Policy](#). This explains what we need from you during titration, and how we will support you to stay safely engaged with your care.

Please respond within the requested timeframes.

- 2 Please try to respond to any requests for information within the timeframe provided, as this helps manage your care safely and avoid any delays. If we do not hear from you, we may need to review your case, which could result in discharge from our service.

You must remain in the UK during titration.

- 3 You will need to be in the UK throughout titration, with regular access to a blood pressure monitor, a computer or phone, and a reliable internet connection. We are unable to provide treatment or arrange medication delivery while you are outside the UK.

Let your prescriber know about any holidays or planned procedures.

- 4 Please tell us in advance about any holidays, travel plans or planned medical procedures, so that your prescriber can plan this into your treatment.

Treatment can only be paused once.

- 5 If needed, treatment can be paused once during titration, for up to **28 days**.



How can I get in touch?

To contact your prescriber, please raise a note in your portal for '**Your prescriber**'. Please note that our prescribers work on a 2-3 working day response time.

If you have any other queries, please contact our patient support team via **Live Chat** or by telephone: **0330 124 1980 (Mon-Fri 8am-6pm)**.