

# Starting your treatment journey

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

## What is titration?

It's the process that introduces new medication safely. You will be allocated to one of our specialist ADHD prescribers, who will monitor your response to medication and adjust your dose over a period of up to 12 weeks to balance maximum benefits in managing your symptoms with minimal side effects.

## Why can my GP not carry out my titration?

[NICE guidelines](#) recommend that treatment is started by a specialist ADHD clinician. Not all GPs have the knowledge to prescribe and titrate ADHD medications, and some prefer not to carry out this process.

## What equipment do I need?

You will need a blood pressure monitor (BP monitor) to take your blood pressure and pulse readings before and during titration. This is so that we can monitor any changes during your treatment. You will find more information about taking your readings below.

## Do I need to buy a BP monitor?

### NHS patients

If you were referred to Psychiatry UK via NHS Right to Choose or by your local NHS service, our pharmacy will send you a monitor.

## Is there anything I need to do?

1

Check that your home address and GP details are up to date under the 'My profile' tab on your portal dashboard. This address will also be used to send out your assessment report (sometimes called your 'clinic letter') and your prescription medication, so it's important to keep your details up to date throughout your journey.

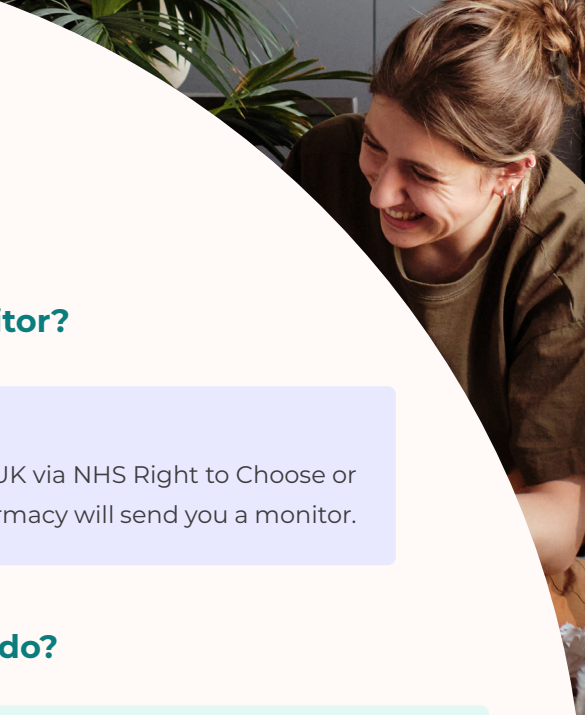
2

If you would like your monitor to be sent to a different address, please contact our customer support team via our Virtual Assistant service as soon as possible. This is available via your portal, the Companion app or [our website](#).

3

Check your SMS and email notifications for new portal notes from Psychiatry UK and delivery notifications from DPD or Royal Mail.

**Note:** If we have previously sent you a monitor that you no longer have, you will need to purchase one from a local pharmacy.





### Private patients

If you are a private patient, please purchase a BP monitor from a local pharmacy.

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

1

We will contact you 28 days before you are due to start titration via a note on your patient portal (Subject: You are approaching the top of the titration wait list), so please remember to keep checking for SMS and email notifications.

2

This note will contain information about some tasks that need to be completed before you can start titration. We will refer to these tasks as your 'pre-titration checklist'.

## Your pre-titration checklist

Below is a summary of the tasks you will need to complete before we can allocate a prescriber to start your titration. **Please wait until we request this information before starting this checklist.**

1

### Consent to start treatment

Give your written consent to start the treatment plan discussed with your Psychiatry UK doctor during your ADHD assessment.

Confirm your agreement to send in your updated monitoring information weekly (BP, pulse and weight readings), including information about any side effects (if applicable).

If you have any questions about your treatment plan or our monitoring processes, please send a note via the portal. A prescriber will contact you to discuss once you have been allocated.

2

### ID Verification

Ensure that your ID verification is completed on your patient portal. For more information, visit the [Verifying your Identity](#) page on our website.

3

### Forms

Complete the forms below (under the 'Pending forms' tab in the 'Forms' section of your portal). You will also be sent direct links to these forms via SMS and email notifications.

**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.

#### Prescription Address and Payment Exemption Confirmation Form:

This is to confirm the address your prescription or medication will be sent to. For patients referred under 'Right to Choose' we will send the prescription to our linked pharmacy and the medication will be delivered to you.

**BP, Pulse, Weight and Height Form:** The section below will guide you through the information you need to record on this form.

**Note:** Please always ensure that you have clicked 'Submit' to send your forms. Once submitted, a note will appear on your screen to confirm that this is '100% complete'.



## 4 Monitoring information

During titration, we will ask you to send in regular blood pressure (BP) and pulse readings using your BP monitor. This information is essential for your prescriber to monitor your response to your medication.

As part of your pre-titration checklist, we need you to send in an initial set of readings (known as your 'baseline readings'), along with your height and weight measurements. This information will provide a point of reference for your prescriber, allowing them to safely monitor any changes when you start your new medication.

We have produced a helpful guide to get you started: [How to take an accurate blood pressure reading](#). Alternatively, you can watch our accompanying [video](#).

Record your readings on the BP, Pulse, Weight and Height Form, which you will find under the 'Pending forms' tab in the 'Forms' section of your portal.

You will need to provide **two sets of readings** while you are on the titration wait list.

## Time check



**Your pre-titration checklist must be completed within 28 days of receiving our portal note (Subject: 'You are approaching the top of our wait list').**

**If we do not receive this information within the 28-day timeframe, we will not be able to allocate a prescriber and you may be discharged** back to the care of your GP.

Although we would be happy to see you again in the future, you will need to restart the referral process and you would be re-allocated to our wait list.

## What happens next?

Once you have completed your pre-titration checklist and we have received the results of any medical investigations (if requested by your doctor), you will be ready to start titration.

1

You will be allocated a prescriber to start your treatment. This process may take up to 28 days from completion of your forms. However, it is often sooner if the forms are completed quickly.

2

Your prescriber will message you via the portal, so please keep an eye on your SMS and email notifications.

3

They will review your patient record – and may request additional information, such as information about your cardiac (heart) health or mental health. **Please respond to all queries or any form completion requests promptly to allow your prescriber to begin your titration without delay.**

4

If they are happy that it's safe for you to start taking medication, they will confirm your treatment plan and issue your first prescription.



Please inform your prescriber immediately if you are already accessing or have received ADHD treatment from another service.

## Is there anything else I need to know?

1

We operate a strict [Engagement and Discharge Policy](#). It is very important that you are familiar with our terms and conditions before starting treatment.

2

When we send requests for information, you must respond within the given timeframes. If we do not hear from you, your case will be reviewed, and you may be discharged from our service.

3

You must be in the UK throughout your titration, with frequent access to a BP monitor, computer or phone and the internet. We are unable to deliver medication or treat patients who are not in the UK.

4

Please let us know in advance if you have any holiday or medical procedures booked so that your prescriber can discuss this with you and agree if this is a suitable time to initiate treatment. Treatment can be paused only once in the 12-week titration period and this is for a maximum of 28 days.



## 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 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](#).