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ADHD treatment: What to expect

Your child is currently prescribed an ADHD / ADD medication. In order to provide the safest and most effective treatment, our practice follows the American Academy of Pediatrics recommendations. Here is what you can expect during treatment:

1.) Your child will be seen for ADHD medication visits on a regular basis. After the initial ADHD evaluation appointment, s/he will be seen frequently to monitor side effects and effectiveness. Once the dosing is stable, follow up visits would be at roughly three month intervals. The medications should not be filled over the phone without the provider assessing him/her in an office visit. This policy insures that we are treating their ADHD safely and effectively.

2.) Your child might be referred to a counselor for help in increasing organization skills, attentional skills, or decreasing impulsive behaviors. Collaboration with the therapist and the provider may be an integral part of ongoing treatment.

3.) You and your child's teacher will be asked to complete assessments regarding their symptoms and report any problems with medication immediately to the provider.

4.) All medication decisions must be made with their provider; it is important that you do not stop medication or change the dosage without discussing with the provider.

5.) Stimulants used to treat symptoms of ADHD are controlled substances, and are strictly tracked and restricted by the government. Both the pharmacy and the prescribing doctor are responsible for ensuring that these medications are not misused or diverted for "street use" or sale. Therefore, only the patient prescribed the medication may use the medication (no sharing), no early refills of medication for any reason (i.e. left at grandma's, dropped in sink, etc), no adjustments of medications (i.e. new prescription written) until previous prescription is due for refill. Any patterns of behavior that indicate mis-use will result in cessation of treatment of ADHD (as it is not medically necessary), and you will need to see a psychiatrist to prescribe.