

Other side effects (how often they happen is not known)

- migraine
- very high fever
- slow, fast or extra heart beats
- a major fit ('grand mal convulsions')
- believing things that are not true, confusion
- severe stomach pain, often with feeling and being sick
- problems with the blood vessels of the brain (stroke, cerebral arteritis or cerebral occlusion)
- excessive uncontrolled talking
- erectile dysfunction
- Prolonged erections, sometimes painful, or an increased number of erections.
- inability to control the excretion of urine (incontinence)
- spasm of the jaw muscles that makes it difficult to open the mouth (trismus)
- stuttering
- nosebleed.
- increased pressure in the eye
- eye diseases which may cause decreased vision due to damage to the eye nerve (glaucoma).

Effects on growth

- When used for more than a year, Methylphenidate Hydrochloride may cause reduced growth in some children. This affects less than 1 in 10 children.
- There may be lack of weight gain or height growth.
 - Your doctor will carefully watch your height and weight, as well as how well you are eating.
 - If you are not growing as expected, then your treatment with Methylphenidate Hydrochloride may be stopped for a short time.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

5 How to store Methylphenidate Hydrochloride

- KEEP OUT OF THE SIGHT AND REACH OF CHILDREN.
- Do not store above 25°C.
- Store in the original package.
- Do not use methylphenidate hydrochloride after the expiry date on the blister label or carton. The expiry refers to the last day of the month.
- If your doctor tells you to stop taking this medicine, take any remaining medicine back to the pharmacist for safe disposal. Only keep this medicine if your doctor tells you to.
- If your medicine becomes discoloured or show any other signs of deterioration, ask your pharmacist who will advise you what to do.
- Medicines should not be disposed of via waste water or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6 Contents of the pack and other information

What Methylphenidate Hydrochloride contains

- Each tablet contains 20mg methylphenidate hydrochloride.
- The other ingredients are: calcium hydrogen phosphate dihydrate, microcrystalline cellulose (E460i), maize starch, and magnesium stearate (E470b).



What Methylphenidate Hydrochloride looks like and contents of the pack

- Methylphenidate Hydrochloride tablets are white, flat, round tablets, marked 'RU20' and with a breakline on one side.
- Each pack contains 30 Tablets.

Manufacturer and Licence Holder

This medicine is manufactured by Laboratorios Rubio, S.A., C/ Industria, 29. Pol. Ind. Comte de Sert, 08755 Castellbisbal, Barcelona, Spain and is procured from within the EU and repackaged by the Product Licence Holder: Lexon (UK) Limited, Unit 18, Oxleasow Road, East Moons Moat, Redditch, Worcestershire, B98 0RE.

If you have any questions or are not sure about anything, ask your doctor or pharmacist. They will have additional information about this medicine and will be able to advise you.

		PL 15184/1514	Methylphenidate Hydrochloride 200mg Tablets
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Leaflet revision date: 19/01/2026

Blind or partially sighted? Is this leaflet hard to see or read? Phone Lexon (UK) Limited, Tel: 01527 505414 to obtain the leaflet in a format suitable for you

Some people need to talk to their doctor before they start having this medicine

You need to talk to your doctor if:

- you have epilepsy (fits)
- you are pregnant or breastfeeding
- you are taking other medicines – your doctor needs to know about all the medicines you are taking.

How do I take my medicine (tablets)?

- Swallow your medicine with water and food.
- Your doctor will tell you how many times a day you should take your medicine.
- Do not stop taking the medicine without talking to your doctor first.

Possible side effects

- Side effects are the unwanted things that can happen when you take a medicine. If any of the following happen, tell an adult you trust straight away. They can then talk to your doctor. The main things that can affect you are:
- Feeling or being sick or having tummy pains. These may only happen when you first start taking the medicine. It is best to take the medicine with food.
 - Feeling worried or nervous
 - Feeling dizzy, or getting headaches
 - Being very depressed and unhappy or wanting to hurt yourself
 - Having different moods than usual, not being able to get to sleep

Methylphenidate Hydrochloride 20mg Tablets

Ref:1514/190126/1/F

Patient Information Leaflet

The name of your medicine is **Methylphenidate Hydrochloride**. It contains the active substance 'methylphenidate hydrochloride'. The name 'methylphenidate' will also be used in this leaflet.

Important things you need to know about your medicine

This medicine is used to treat ADHD

- The full name for ADHD is 'Attention Deficit Hyperactivity Disorder'.
- The medicine helps with your brain activity. It can help improve your attention, help you concentrate and make you less impulsive.
- You need to have other treatments for ADHD as well as this medicine. Read Section 1 for more information.

Before you take this medicine, talk to your doctor if:

- You have heart, circulation or mental health problems - you may not be able to take this medicine.
- You are taking any other medicines - this is because Methylphenidate Hydrochloride can affect how other medicines work. Read Section 2 for more information.

While taking this medicine:

- See your doctor regularly. This is because your doctor will want to check how the medicine is working.
- Do not stop taking the medicine without first talking to your doctor.
- Your doctor may stop your medicine to see if it is still needed if you take it for more than a year.
- The most common side effects are feeling nervous, not being able to sleep or having a headache. Read Sections 3 and 4 for more information.

Talk to your doctor straight away if any of the following happen:

- Your mood and how you feel changes.
- You feel any problems with your heart.

Read Section 4 for more information.

The rest of this leaflet includes more detail and other important information on the safe and effective use of this medicine.

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

The leaflet has been written in sections:

- Sections 1 to 6 are for parents and carers (sometimes called 'your guardians').
- The last section is a special section for a child or young person to read. However, all sections are written as though the child or young person taking the medicine is reading them.

Your medicine is called Methylphenidate Hydrochloride 20mg Tablets but will be referred to as Methylphenidate Hydrochloride throughout the leaflet.

What is in this leaflet

- What Methylphenidate Hydrochloride is and what it is used for**
- What you need to know before you take Methylphenidate Hydrochloride**
- How to take Methylphenidate Hydrochloride**
- Possible side effects**
- How to store Methylphenidate Hydrochloride**
- Contents of the pack and other information**

Information for children and young people

Now read the rest of this leaflet before you start taking this medicine.

1 What Methylphenidate Hydrochloride is and what it is used for

What it is used for

- Methylphenidate Hydrochloride is used to treat 'attention deficit hyperactivity disorder' (ADHD).
- It is used in children and young people between the ages of 6 and 18.
 - It is used only after trying treatments which do not involve medicines. Such as counselling and behavioural therapy.

Methylphenidate Hydrochloride is not for use as a treatment for ADHD in children under 6 years of age or in adults. It is not known if it is safe or of benefit in these people.

How it works

Methylphenidate Hydrochloride improves the activity of certain parts of the brain which are under-active. The medicine can help improve attention (attention span), concentration and reduce impulsive behaviour.

The medicine is given as part of a treatment programme, which usually includes:

- psychological
- educational and
- social therapy.

It is prescribed only by doctors who have experience in children or young people's behaviour problems. Although there is no cure for ADHD, it can be managed using treatment programmes.

About ADHD

Children and young people with ADHD find it:

- hard to sit still and
- hard to concentrate.

It is not their fault that they cannot do these things.

Many children and young people struggle to do these things. However, with ADHD they can cause problems with everyday life. Children and young people with ADHD may have difficulty learning and doing homework. They find it hard to behave well at home, at school or in other places.

ADHD does not affect the intelligence of a child or young person.

2 What you need to know before you take Methylphenidate Hydrochloride

Do not take Methylphenidate Hydrochloride if:

- you are allergic (hypersensitive) to methylphenidate or any of the other ingredients of Methylphenidate Hydrochloride (listed in Section 6)
- you have a thyroid problem
- you have increased pressure in your eye (glaucoma)
- you have a tumour of your adrenal gland (phaeochromocytoma)
- you have an eating problem when you do not feel hungry or want to eat - such as 'anorexia nervosa'
- you have very high blood pressure or narrowing of the blood vessels, which can cause pain in the arms and legs
- you have ever had heart problems - such as a heart attack, uneven heartbeat, pain and discomfort in the chest, heart failure, heart disease or were born with a heart problem
- you have had a problem with the blood vessels in your brain - such as a stroke, swelling and weakening of part of a blood vessel (aneurysm), narrow or blocked blood vessels or inflammation of the blood vessels (vasculitis)
- you have mental health problems such as:
 - a 'psychopathic' or 'borderline personality' problem
 - abnormal thoughts or visions or an illness called 'schizophrenia'
 - signs of a severe mood problem like:
 - feeling like killing yourself
 - severe depression, where you feel very sad, worthless and hopeless
 - mania, where you feel unusually excitable, over-active and un-inhibited.

Do not take Methylphenidate Hydrochloride if any of the above apply to you.

If you are not sure, talk to your doctor or pharmacist before you take Methylphenidate Hydrochloride. This is because Methylphenidate Hydrochloride can make these problems worse.

Warnings and precautions :

Talk to your doctor or pharmacist before taking Methylphenidate Hydrochloride if you:

- have liver or kidney problems
- have had fits (seizures, convulsions, epilepsy) or any abnormal brain scans (EEGs)
- have ever abused or been dependent on alcohol, prescription medicines or street drugs
- are a girl and have started your periods (see the 'Pregnancy, breast-feeding and fertility' section below)
- have hard-to-control, repeated twitching of any parts of the body or you repeat sounds and words
- have high blood pressure
- have a heart problem which is not in the 'Do not take' section above
- have a mental health problem which is not in the 'Do not take' section above. Other mental health problems include:
 - mood swings (from being manic to being depressed - called 'bipolar disorder')

Turn over

