

Vyvanse Titration



How to titrate Vyvanse and find the sweet spot.



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Vyvanse like all stimulants is a federally controlled substance (CII) because it can be abused or lead to dependence. It's important that you keep your prescriptions safe and preferably locked up so they can't be "diverted". Diversion isn't just stealing someone's script but is often children taking some of their parent's medications out of curiosity or one of their friends when over might dip into the supply. This is the most common way young people start using opiates which are in the same class. Vyvanse and stimulants are not narcotics, but they do have street value.

When starting Vyvanse for AD/HD we have found it best to titrate up on the dose. Side effects at first are common and they generally improve when you continue to take the medication and lessen when you increase the dose. I am aware that is the opposite of most drugs. But it is true of the stimulants when used in people that have ADD. You will also have more side effects if you skip the medication on weekends. Every Monday you have to get used to it again. I recommend for this reason taking it daily. If you wake up late on the weekend, you can always open the capsule like I discuss below and take half.

Titration:

Empty one 70mg capsule into the included jar and add water to the 70ml line on the side for 1mg/1ml. Shake it up good and drink your dose before it separates out.

Week 1: Drink 35ml of solution first thing in the morning

Week 2: Drink 50ml of solution. You will have remaining 20ml of solution in cup so add another 70ml of water and another capsule bring total to 90ml of water maintaining the 1mg/1ml ratio. Drink 50 ml of it you have 40 ml left add 70 again the next day. Or you can throw the remainder out. It's up to you.

Week 3: Full Capsule.

Note the right dose might be 60 mg, so if 70 mg feels like too much back down. Also once you find a dose and are not titrating anymore you'll find when you swallow the capsule the onset is more gradual, and it'll last a little longer. If it's lasting too long go back to mixing it with water.

If you don't have a copay card in the future, they are always obtainable online at Vyvanse.com. They're currently knocking the price down to \$30 but if you are just starting the first month is \$0. Some insurance companies will require you to try Adderall or Adderall XR before Vyvanse. If that's the case Jess will let you know, and we can change at your 1 month follow up. If Vyvanse at any dose lasts too long for you then go back to Adderall XR. If it's not lasting long enough there is even longer lasting Mydayis.

80% of AD/HD patients supposedly benefit from Adderall or Ritalin family medications. But 10% won't find any benefit from one and 10% won't find it from the other. I'm in the 10% that feel nothing when they take Ritalin. So I can't tell you much about taking the Ritalin medications. But for some they do work better.

Don't hesitate to call if you have any questions.