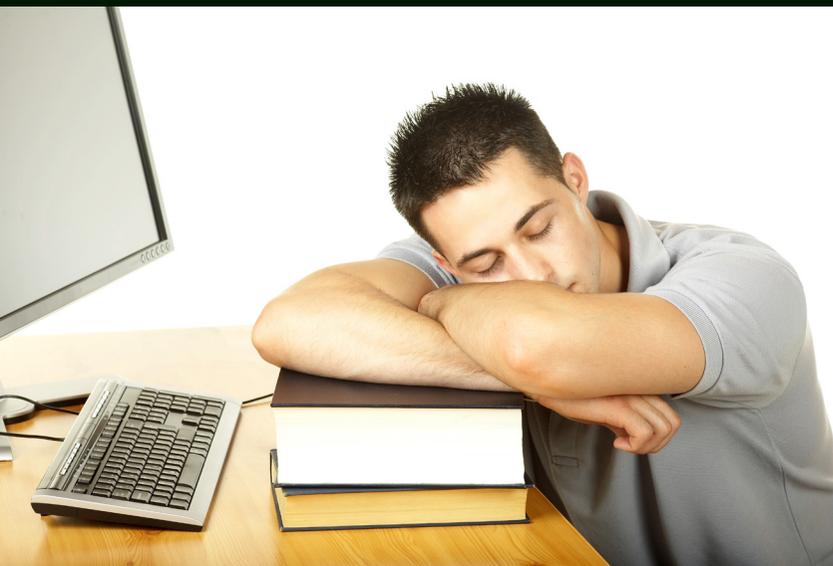




Information for Patients

## DEXAMPHETAMINE FOR NARCOLEPSY & IDIOPATHIC HYPERMOMNOLENCE



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Dexamphetamine is a stimulant medication that can be useful in treating hypersomnolence due to Narcolepsy and Idiopathic Hypersomnolence. Its use is regulated by the Drugs of Dependence Unit (DDU) of Queensland Health, and any restrictions imposed by the DDU should be strictly observed.

The optimal dose varies from patient to patient and is best established by trial and error, beginning with a low dose which should be increased gradually until the minimum effective daily dose is established. Generally this will involve an initial dose of dexamphetamine in the range of 5-15mg early in the morning, a further amount (5-15mg) in the late morning (typically 11:00am-12:00pm), and a further 5-15mg during the afternoon (usually before 4:00pm, so as to avoid causing insomnia due to residual stimulation at bedtime).

The doses taken at these times of day can be different, and most patients find that a total dose in the range 20mg-40mg per day will suffice.

Dexamphetamine is absorbed more predictably on an empty stomach.

The most common side effects are palpitations, elevated blood pressure, restlessness, various emotional disturbances, loss of appetite and weight-loss. Suspected side effects should be reported to your doctor in case dexamphetamine is unsuitable for you.

The authority script provided to you is intended to be sufficient for a three to six-month supply of dexamphetamine, at a dose of up to 40mg per day. If your required dose proves to be lower than this (which is likely), this supply will last longer and when your authority script is renewed, the authorised number per month may be made lower.

As the aim is to find the lowest daily dosage which is adequate, you should start with a low dose (5mg dexamphetamine once per day) and increase over one or two weeks to a dose of 5mg three times per day (e.g. early morning, 11:00am-12:00pm, and 3:00-4:00pm). Then slowly increase your dose at one or more of these times if required, until you establish the minimum daily dosage regime which is effective in overcoming your excessive daytime sleepiness.