



Information for Parents about ADHD Follow-up Appointments, Medication Refills, and Medication Management

At Advanced Pediatric Associates, we have specific guidelines we follow to ensure your child gets the proper care for ADHD. When your child is diagnosed with ADHD, follow-up and management of medication are important aspects of care. Our ADHD coordinators will assist you with paperwork and appointments.

Appointments (call 720-974-7188):

- 1) After the initial evaluation and diagnosis of ADHD, a **follow-up visit** to our office should be scheduled in **2-3 weeks** to help us determine how things are going and deal with any immediate problems or concerns. Additional office visits may be necessary until we feel that your child is doing well on the medication prescribed.
- 2) A **follow-up evaluation** should be scheduled for **3-6 months after the initial evaluation**. This visit will require new parent and teacher forms to be completed and evaluated by the provider.
- 3) If no significant changes are made at the 6-month follow-up visit, your child should return for a **re-evaluation visit every 6 months**. These visits include follow-up forms from parents and teachers. If changes are made, a 3-month visit may be recommended.
- 4) If a medication refill is requested and your child has **not had a re-evaluation** within the last 6 months, you will be given a 1-month prescription and asked to schedule a visit. No further refills will be given until your child has been seen by a provider and is current for follow-up visits and well care.
- 5) If your child has been off medication for more than 3 months, he/she must be seen by a provider for a follow-up visit before medication will be prescribed.
- 6) If your child has been off medication for more than 2 years, he/she must be seen for a new initial evaluation before medication will be prescribed.
- 7) Our ADHD coordinators are there to help you schedule appointments, get refills, and complete appropriate forms. You can reach the coordinators at 720-974-7188.
- 8) APA recommends that all children have a yearly well care appointment. This is especially important for a child or adolescent with ADHD.

Prescription Refills (call 720-870-0244)

- 1) Most medications prescribed for ADHD are “scheduled” drugs. This means that they are regulated and monitored by the Government. Regulations regarding the prescribing of stimulant medicines state that the prescriber must:
 - a) Write the prescription – it cannot be called in.
 - b) Give a prescription for 30 days. Prescriptions for 90 days can be written for mail-order pharmacies or as 3 different prescriptions at the time of follow-up or well care visit if your child is on a stable dose. Do not lose these prescriptions as they cannot be refilled.
- 2) We ask parents to call our office **at least 3 days before** the supply of medication runs out to arrange for a new prescription to be written. A parent or their authorized representative may pick up and sign for the prescription. (For example, a teenage sibling who is driving may pick up the prescription if they have a letter from the parent authorizing them to do so.) A picture ID is required for pick up.
- 3) We recommend children take medication right before a meal to minimize the appetite suppression that normally occurs 1 – 2 hours after the medication is given.

ADHD: Resources for Parents

Books

- Reiff MI (ed): *ADHD: A Complete & Authoritative Guide*. American Academy of Pediatrics (AAP), 2004. Based on latest research and recommendations from the AAP, this essential handbook answers common questions parents have about AD/HD.
- Phelan TW: *1-2-3 Magic: Training Your Child to Do What You Want*. Child Management, Glen Ellyn, IL, 1995. 1.800.442.4453. A program designed to bring practical discipline techniques with easy-to-follow steps without arguing, yelling or spanking. Also includes down-to-earth strategies for encouraging growing independence and for promoting reasonable, healthy self-esteem.
- Kranowitz, CS. *The Out-of Sync Child*. Berkley Publishing Group, 1998. "Sensory integration dysfunction is a common, but misunderstood, problem which affects children's behavior, influencing the way they learn, move, relate to others, and feel about themselves." This book is written to help parents understand this condition.
- Turecki, S. *The Difficult Child*. Bantam Books, 2000. A helpful book in determining your child's temperament. Includes lots of concrete strategies to deal with conflicts and discipline.
- Glasser, H & Easley, J. *Transforming the Difficult Child: The Nurtured Heart Approach*, 2005. www.difficultchild.com or (800)311.3132. This book provides understanding about how a challenging child responds to normal parenting as well as strategies to shift the intense child to new patterns of success.

Websites

We recommend the websites that are listed in the back of the pamphlet *Understanding ADHD*, but these are a few additional ones we've found helpful.

- *ADD Warehouse* offers a complete catalog of books, videos, and tapes about ADHD, from books for the small child or teenager, to those for teachers, health-care professionals and adults. 1.800.233.9273 www.addwarehouse.com
- *ADDitude Magazine for People with ADHD* offers a magazine for people with AD/HD, but other resources as well. 1.888.762.8475 www.additudemag.com
- *ADDvance Online Resource for Women and Girls with ADHD* through reporting research and publishing articles that inform, encourage and empower, works to fulfill the mission to improve the lives of women and girls with AD/HD. www.addvance.com
- *The Preventive Ounce* is an interactive website that lets you see your child's temperament and find parenting tactics that work for your child. www.preventiveoz.org
- ADHD Parent Medication Guide prepared by the AACAP and the APA offers comprehensive information about medication use in ADHD. www.parentsmedguide.org/ParentGuide_English.pdf
- Celebrate Calm is a website dedicated to working with families & teachers of challenging, emotional children (oppositional, anxious, combustible or inattentive with difficulty focusing). Sign up to receive the free newsletter. www.celebratecalm.com