

Adderall is a controlled stimulant medication that is FDA-approved for the treatment of ADHD in children and adults. **This collection of worksheets is designed to address common questions and concerns about Adderall prescriptions, including a medication tracker.** With these worksheets, you can take active steps to manage your Adderall treatment.

Here is a brief introduction to each worksheet included in this package:

Page 1: Questions to Ask Your Provider

This worksheet provides key information about Adderall and important questions to ask your provider during your first prescription appointment.

Page 2: Prescriber Tips & FAQs

Following your prescriber's recommendations is essential for safe and effective use of Adderall. This worksheet provides expert tips and addresses FAQs about taking Adderall.

Page 3: Follow-up Appointment Planning

Discussing medication side effects with your doctor at follow-up appointments is important. This worksheet provides space for you to write down and track any side effects you experience and questions you may have before your next appointment.

Page 4: Medication Tracker

Tracking your medication intake is important to ensure that you are taking your medication as prescribed. This medication tracker provides a place for you to mark the times and dates you take your medication.



Questions to Ask Your Prescriber: Adderall

Brand Name: Adderall, Adderall XR

Generic: dextroamphetamine – amphetamine mixed salts

Forms: Tablet, capsule

Black Box Warning: Risk of misuse (abuse) which can lead to dependence on the medication, serious heart conditions, and even sudden death.

FDA-Approved Treatments: ADHD, narcolepsy, depression, anxiety, bipolar disorder

Common Off-Label Treatments (Non-FDA Approved):

Depression, anxiety disorders, bipolar disorder

Alternatives: Vyvanse, Concerta, Ritalin

Questions to Ask Your Prescriber

It is important to come to your medication prescription appointment prepared. These are questions to ask your provider about Adderall at your first appointment.

What type of ADHD do I have, and will Adderall help?

Is Adderall safe for me to take?

How long will it take for Adderall to start working?

How will we track my progress?

How often will I need follow-up appointments?

Could I become addicted to Adderall?

Are there Adderall alternatives for me to consider?



Prescriber Tips & FAQs: Adderall

Prescriber Tips

Follow these tips, along with your prescriber's recommendations, for safe and effective use of Adderall.

1. Take Adderall as prescribed, do not change your dose or stop taking it unless your prescriber tells you to. Taking too much Adderall may lead to overdose.
2. Avoid operating heavy machinery or dangerous activities until you know how the medication affects you.
3. Take your medication at the same time each day, typically in the morning. Doing so can help you remember to take it, making it as effective as possible.
4. Tell your prescriber right away if you have any worsening mental health symptoms.
5. Adderall may lower appetite and cause slowed growth in children. Talk with your child's prescriber about any concerns with their growth.

Frequently Asked Questions

Below are responses to frequently asked questions by those considering or taking Adderall.

How Does Adderall Work?

Adderall works by increasing levels of dopamine, serotonin, and norepinephrine. These increases bring the brain from a state of overstimulation to a normal state of stimulation.

How Long Is an Adderall Prescription Good For?

Adderall prescriptions may be available for 1-3 months before requiring a prescriber visit and new prescription.

Can You Get an Adderall Prescription Refilled Early?

Controlled substances like Adderall typically cannot be refilled early. Your prescriber may provide multiple prescriptions up to a 90-day supply however. Talk to your prescriber if you have trouble scheduling an appointment before your supply runs out.

What Are the Effects of Misusing Adderall?

Signs of Adderall misuse may include having high energy, insomnia, changes in appetite, poor performance at school or work, running out of the medication early, and increased irritability.

What Are Alternatives to Adderall?

Adderall alternatives include other stimulant medications, such as Ritalin, Concerta, and Vyvanse. There are also several non-stimulant medications for ADHD, including Strattera, Qelbree, and Intuniv.



Follow Up Appointment Planning

Write Down Your Side Effects

Discussing medication side effects with your doctor at follow-up appointments is important. Use this space to write down any side effects you experience, when they began (how long after starting the medication), whether you are still experiencing them, and how much they impact your daily life. Visit our [Ultimate Guide to Adderall](#) for more on common side effects, as well as side effects that require immediate medical attention (QR code below).

Side Effect 1	Onset	Still Occurring?/Impact
Side Effect 2	Onset	Still Occurring?/Impact
Side Effect 3	Onset	Still Occurring?/Impact
Side Effect 4	Onset	Still Occurring?/Impact
Side Effect 5	Onset	Still Occurring?/Impact

Questions for Your Doctor

Come prepared to your follow up appointments with questions ready for your provider. You may want to ask about side effects, your progress (or setbacks), or alternative medication options. Use the space below to write down questions prior to your appointment, as well as the responses from your provider.

Question 1:

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Question 2:

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Question 3:

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Medication Tracker

Weekly Medication Tracking

Tracking your medication intake is important to ensure that you are taking your medication as prescribed. Use the tracker below to list each medication you are prescribed. Mark off each day that you take your medication.

Name: _____

Week of: _____

Medication:	Time	S	M	T	W	T	F	S
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