

Jornay PM (d, l-methylphenidate DR/ER)



What is it usually prescribed for?

ADHD (attention-deficit/hyperactivity disorder).



How does it work?

Jornay PM helps improve attention, concentration, wakefulness, and hyperactivity by boosting the brain chemicals dopamine and norepinephrine.



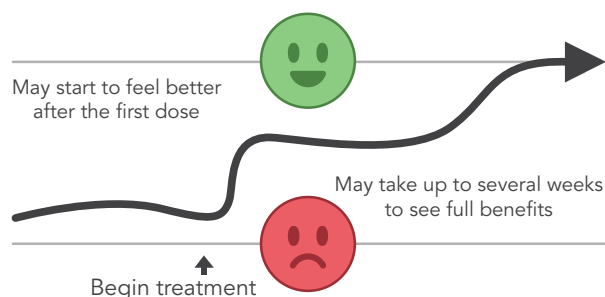
What should I expect?

It may take a few weeks for you to feel the full benefits of taking this medicine. Some symptoms may improve after the first dose, but in some cases the full benefits of this medication may take several weeks.

Your healthcare professional will start with a low dose that is slowly increased to find the best dose that works for you. Tell your healthcare professional how it's working for you and if you have any side effects so the dose can be changed if needed.

Your healthcare professional may check your blood pressure and heart rate (pulse) before starting treatment and during treatment occasionally because Jornay PM can increase these.

WHEN WILL I FEEL BETTER?



This medicine should be taken at night. Take Jornay PM exactly as prescribed to get the full benefit of this medicine.



Will I have side effects?

You may or may not have side effects when taking Jornay PM. The chance of side effects increases with larger doses.

Jornay PM can lead to emotional and/or physical dependence (addiction) when used for longer periods of time.

What are common side effects and what can I do to feel better?

If your side effects are mild, talk to your healthcare professional about them at your next appointment.

	Drink plenty of water	Drink less caffeine and alcohol	Eat small meals for often	Healthcare professional suggestion
Nausea	X	X	X	
Feeling less hungry	X		X	
Trouble sleeping		X		
Feeling nervous		X		
Headache	X	X		
Feeling dizzy	X	X		

Note: This is not a complete list of side effects; other side effects are possible. Before starting Jornay PM, tell your healthcare professional about all the medicines you are taking to avoid unexpected side effects.



Neuroscience Education Institute

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YOU'RE NOT ALONE!

In 2019, medications in the same class as Jornay PM were prescribed over 14.2 million times in the United States.

What should I avoid?

Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional first. There are many interactions with medicines that may increase your chance of side effects.

Do not suddenly stop taking Jornay PM unless your healthcare professional has told you to because it can lead to side effects like headaches, irritability, and other negative feelings.

Use less alcohol and recreational drugs. They may decrease the benefits of Jornay PM and increase the chance of side effects.

WHAT IS MOST IMPORTANT TO REMEMBER

-  This medicine can lead to emotional and/or physical dependence (addiction)
-  It may take up to a few weeks for you to feel the full benefits of taking this medicine
-  Tell your healthcare professional about any troubling side effects so that you can work together to address them
-  Do not suddenly stop taking this medicine unless told to do so by your healthcare professional
-  Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional
-  Get medical care right away if you have serious side effects



When should I call a healthcare professional right away or visit the emergency room?

If you have any **serious** side effects. Here are some examples of serious side effects:

- Chest pain, trouble breathing, feeling like you might pass out
- Hallucinations (seeing or hearing things that are not there), new behavior problems
- Numbness, pain, cold feeling, unexplained wounds, skin color changes in your fingers or toes
- Penis erection that is painful or lasts 4 hours or longer

If you think there has been an overdose, call your poison control center (800-222-1222) or get medical care right away.



Where can I get more help?

National Alliance on Mental Illness (NAMI) – [nami.org](https://www.nami.org)

National Suicide Prevention Lifeline – Call 1-800-273-TALK (8255)

Crisis Text Line – Text “HELLO” to 741741



Notes and questions for my next appointment

