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17/12/2021

Dr Lara De Souza
Myclinic Prahran
191-193 Commercial Rd
SOUTH YARRA VIC 3141

Review date: 22/11/2021

Dear Lara,

RE:Ms Anne Miles **DOB:**04/12/1964
1712/568 St Kilda Rd, Mantra Building, MELBOURNE VIC 3004

The cardiologist had noted that there were no contra indications to the use of stimulants. I have read his letter. I have prescribed Ritalin 10 mg tablets and provided her with instructions regarding its use. A copy of those instructions have been attached in this letter as well.

I should be grateful if you will see her and discuss the use of medicines in her situation. If the Ritalin does not suit her, she needs to stop the medicine and we will trial dexamphetamine.

Follow-up:

I have an appointment to see her 31st of January 2021. Please feel free to contact our rooms if you have any questions.

Kind Regards,

Electronically Sighted & Signed.

Dr. Mahendra Perera
Consultant Psychiatrist
cc; Pt

Attachment:

General instructions on starting medication.

- I would have already explained the common side-effects as well as the benefits that you may receive from the medication.
- The recommended first line of medication are the stimulants and the two compounds available are methylphenidate (Ritalin ®) 10 mg tablets and

dexamphetamine 5 mg tablets – both of these are the immediate release variety

- Make sure you get the consumer medicine information from your pharmacist. Read through it to make sure that there are no problem of the medication for you. If in doubt discuss with the doctor

- o Start with half a tablet, Day one.

- o Take one tablet the next day.

- o It is best that you take the medicine after food in the morning.

- o Usually does medicines work for about four hours.

- o I would suggest titrating it to no more than four tablets a day.

- o Keep a careful record of the effects, the dose, and the time you took it

- o If you have extreme anxiety or irritability, it must be stopped forthwith.

- o If you take it too late you may have difficulty with sleeping.

- o Once you reach a stable dose, that should be maintained.

- o Because these are stimulant medication, sometimes people complain of 'letdown' phenomenon. This can be slowed down by taking a smaller dose before it happens.

- o Some prefer the long acting medicines, I usually start with the immediate release and the switch to Long Acting if required