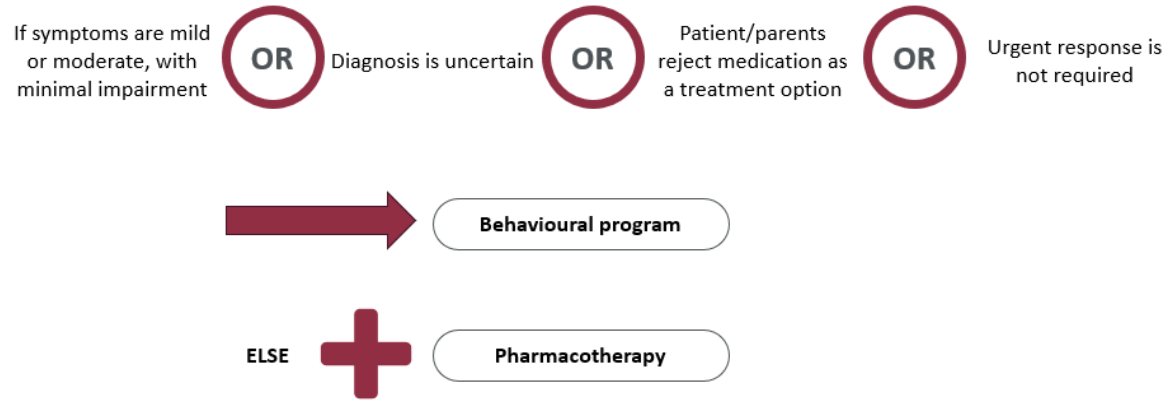
An update on the ADHD treatment armamentarium in South Africa.

Prof Renata Schoeman

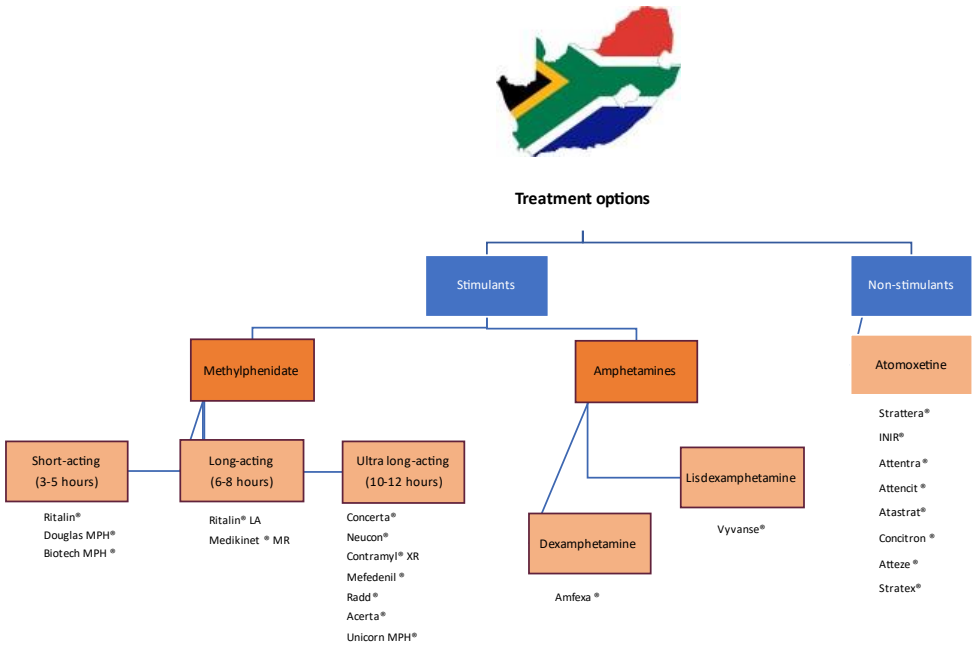
Introduction

Since the publication of the South African management guidelines for adult ADHD (Schoeman & Liebenberg, 2016), many generics and new formulations of available substances, as well as new molecules have entered the South African market. Please consult the guidelines which emphasise the importance of a comprehensive diagnostic assessment, holistic treatment approach, and individualised care.

General approach



Current treatment options (registered for the treatment of ADHD) available in South Africa



Medication schedule (registered, as well as off-label products available)

Substance	Trade name	Formulation	Doses	Dosing strategy
Methylphenidate Immediate release	Ritalin® Douglas MPH® Biotech MPH®		Available in 10mg tablets	Approximately 1mg/kg/dose. Initiate at 5mg bd or tds with daily or weekly increments according to efficacy and tolerability (max 100mg/day po).
Methylphenidate Extended release	Ritalin LA®	Spheroidal oral drug absorption system (SODAS)	Available in 10mg, 20mg, 30mg, and 40mg capsules	Once or twice daily dose at equivalent of total daily dose of IR.
	Medikinet MR®	Modified release pellets	Available in 5mg, 10mg, 20mg, 30mg and 40mg capsules	Once or twice daily dose at equivalent of total daily dose of IR.
	Concerta® Neucon® Mefedenil® Unicorn MPH®	Osmotic controlled release oral delivery system (OROS)	Available in 18mg, 36mg and 54mg capsules/tablets	Once or twice daily dose at equivalent of total daily dose of IR.
	Contramyl XR®	Multi-unit pellet system (MUPS)		
	Radd®	Hydrophilic matrix release system		
	Acerta®	Extended release film coated tablets		
Dexamfetamine sulphate	Amfexa® *registered for children and		Available in 5mg and 10mg snap tablets	Initiate at 5-10mg/day po, with 5mg increase per week, to a max of

	adolescents aged 6-17 years			20mg/d (40mg for older children in exceptional cases).
Lizdexamfetamine dimesylate	Vyvanse® *registered for adolescents and adults from age 13 years	Amfetamine based pro-drug	Available in 30mg, 50mg and 70mg tablets	Initiate at 30mg per day, with 20mg increase after 2 weeks, to a max of 70mg/d. In patients with severe renal impairment, the maximum dose should not exceed 50mg/kg.
Atomoxetine	Strattera® INIR® Attencit® Attentra® Atteze® Atastrat® Concitron® Strattex®		Available in 10mg, 18mg, 25mg, 40mg, 60mg and 80mg capsules	Initiate at approximately 0.5mg/kg/day in patients <70kg with recommended daily dose 1.2mg/kg/day. In patients >70kg initiate at 40mg/day with monthly increments of 20mg/day to a maximum of 100mg/day *maintain at least 12 weeks before judging clinical response).
Bupropion	Wellbutrin XL® Budep® Weldep XR®	XR (extended release)	150mg and 300mg tabs	Initiate at 75mg – 150mg/day po. Dosage may be adjusted in increments of 150mg at approximately monthly intervals to a maximum dose of 450mg/day.
	Voxra XL®	SR (slow release)		
	Bupropion XR Adco®	XR	150mg capsules	

Venlafaxine HCl	Efexor XR® Venlor XR® Efegen XR® Sandoz Venlafaxine® Venlafaxine Unicorn XR® Venlafaxine XR Adco®	XR	37.5mg, 75mg and 150mg capsules	Initiate at 75mg/day po. Dosage may be adjusted in increments of 75mg at approximately monthly intervals up to a maximum dose of 300/day.
	Illovex XR®	XR	37.5mg, 75mg, 150mg, 225mg and 300mg tabs	
	Odiven®		75mg and 150mg tabs	
Imipramine HCl	Ethipramine® Tofranil®		10mg and 25mg tabs	Initiate at 20mg to 70mg/day (10mg in elderly patients) and increase gradually to a maintenance dose of 100mg to 150mg/day (50mg in elderly patients).
Clonidine HCl	Equi Menoglo Drops®		0.025mg/5ml sol	Initiate at 0.025mg bd po and increase gradually to a maximum dose of 0.075mg bd po.
	Menograine®		0.025mg tabs	
Modafinil	Provigil® Modafinil 100 iPharma®		100mg tabs	Initiate at 100mg/day po. Can be increased to 200mg/day po.
Armodafinil	Nuvigil®		150mg and 250mg tabs	Initiate at 150mg per day po. Can be increased to 250mg/day po.

Reference:

Schoeman R, Liebenberg R. The South African Society of Psychiatrists/Psychiatry Management Group management guidelines for adult attention-deficit/hyperactivity disorder. S Afr J Psychiatr. 2017 Apr 25;23:1060. doi: 10.4102/sajpsychiatry.v23i0.1060. PMID: 30263194; PMCID: PMC6138063