

Titration: A Step-by-Step Guide (NHS/Right to Choose)

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Titration is the process of starting and adjusting your medication safely. You will be supported by one of our specialist ADHD prescribers, who will monitor how you respond to the medication and gradually adjust your dose over a period of **up to 16 weeks**. The aim is to find the dose that provides the greatest benefit in managing your symptoms while keeping side effects to a minimum.

Your prescriber will communicate with you online through the **MedQare portal**, where you will be able to ask questions and respond to any queries.



Your treatment will be managed remotely through our patient portal and will require weekly engagement throughout the **16-week** titration period.

How long will it take?

The titration period lasts up to **16 weeks** (usually 12-14 weeks) and is tailored to your individual response to treatment.

If your first medication is not right for you, we may try a different type of medication and then adjust the dose to find what works best for you while keeping side effects as low as possible.

For more information about the different types of ADHD medication available, visit the [Choice and Medication website](#) or read our guide: [ADHD Medication for Adults](#).



Before starting treatment, please read our [Titration Engagement and Discharge Policy](#), so that you know what to expect and what will be required during titration.





Step 1 - Meet your Prescriber

Getting started: What to expect

Your prescriber will contact you through the patient portal.

1

When you have reached the top of the titration waiting list and been allocated a prescriber, they will contact you through a note on the portal.

They will review the information in your patient record. They may ask you to provide a new set of readings of your blood pressure, pulse and weight, and may also request additional tests if needed.

Your treatment plan and first prescription will be prepared.

2

If your prescriber is satisfied that it is clinically safe for you to begin titration, they will issue your treatment plan, request your consent to start treatment and prepare **your first prescription**.

What do I need to do?

Read your treatment plan.

Your treatment plan will be attached to your prescriber's note as a PDF file.

1

Please note: The **Companion App** will not allow you to open PDF attachments, so you will need to log into the portal to read or download your plan.

Read your treatment plan carefully. If you have any questions, please contact your prescriber straight away.

Confirm your consent to start treatment.

To move forward, please create a note in your portal for '**Your prescriber**' within **7 days**, confirming that:

2

- You agree with the treatment plan.
- You understand the monitoring process.
- You understand that monitoring will begin on **Day 5 after starting medication** and will continue **every two weeks**.

Please note that you will need to remain in the UK throughout your titration, with regular access to a blood pressure monitor, a computer or phone, and a reliable internet connection. We are unable to provide treatment or deliver medication to patients outside the UK.



Time Check

Please respond to any requests from your prescriber **within 7 days** to help avoid delays to your treatment.



Step 2 - Getting your First Prescription

Once you have agreed to start ADHD medication, your prescriber will contact you to arrange your first prescription.



Your prescriber will contact you through the portal. We will also send you text and email alerts to let you know when a new note has been added to your portal, so please keep an eye on these.

Your prescription will be provided in *one* of the following ways:

Home Delivery via our online pharmacy (PPG)

1

Your medication may be dispensed through our partner pharmacy and delivered directly to your home.

- The pharmacy will contact you to arrange delivery.
- Delivery times may vary depending on location and availability.

Local Pharmacy Collection

2

Your prescription will be sent electronically to a pharmacy of your choice.

This depends on whether electronic prescribing is available in your local NHS area. Your prescriber will confirm which method applies in your area and guide you through the process.



Step 3 - Starting your Medication

Start taking your medication as prescribed.

1

Once you have your medication, start taking it exactly as prescribed. From this point onwards, you will need to work closely with your prescriber throughout the titration period.

Complete your first monitoring form on Day 5.

2

Complete your first **ADHD Monitoring Form** on **Day 5** after starting treatment. You will find this under **Forms > Pending Forms** in your portal.

Please note that forms expire after **one week**.

Take your blood pressure and pulse readings.

3

Take your blood pressure and pulse readings **1 to 2 hours after taking your medication**. For guidance, please read [How to Take an Accurate Blood Pressure Reading](#), or watch the [accompanying video](#).

Record your readings on your ADHD Monitoring Form.

Tell your prescriber how you are getting on.

4

Let your prescriber know about any side effects and rate any improvement in your symptoms compared with how you felt before starting treatment.

Report any concerning side effects straight away.

5

Please let your prescriber know immediately if you experience any concerning side effects, such as palpitations, chest pain, dizziness, or any other distressing effects. Your prescriber can make changes to your treatment if you are not tolerating the medication well.

Submit your form and check for further advice.

6

Submit your monitoring form and keep checking the portal for any advice from your prescriber in response to the information you have provided.

7

Allow time for your prescriber to respond.

Prescribers work to a **2 to 3 working day** response time.



Time Check

Your first monitoring form **must** be completed and submitted within **10 days** of your first prescription being issued.

Continue with regular monitoring.

8

After your first form, continue to complete monitoring forms **every two weeks**. During **Week 3**, when you have **10 (working days) of medication remaining**, send a note through the portal to let your prescriber know that you need a new prescription.

Keep your prescriber updated before your next prescription.

9

Please tell your prescriber whether you feel the medication is helping your ADHD symptoms, or whether you are experiencing problematic side effects that may suggest it is not suitable for you. Where appropriate, your prescriber will advise on any changes before preparing your next prescription.

Complete the Adult ADHD Self-Report Scale (ASRS) in Week 6.

10

In **Week 6**, you will be asked to complete the **Adult ADHD Self-Report Scale (ASRS)**.

Keeping up with your monitoring forms

Completing your forms can feel difficult to manage at times, but they are an essential part of the online titration process. They give your prescriber the information needed to monitor your progress, tailor your treatment, and help identify the safest and most effective dose for you.

If you do not respond promptly to your prescriber's queries, or if you miss **three monitoring updates**, your case may be reviewed and you may be discharged from the service. However, if you wish to restart treatment at a later stage, you are welcome to ask your GP to be re-referred to us.

If you know that you will not be able to submit one of your monitoring updates, for example because you have a holiday booked or a planned medical procedure, please let your prescriber know as early as possible. This will give them the opportunity to review your treatment plan and advise you on the best next steps.



Please read our [Titration Engagement and Discharge Policy](#), so you know what to expect and what is required of you during titration.

What will my prescriber do?

- Your prescriber will review how you are responding to treatment, including any side effects, using the information you provide in your monitoring forms. They will advise you on whether to continue with your current treatment and may suggest ways to help manage any side effects.
- Where appropriate, they may also discuss alternative treatment options with you or make changes to your dose.



Step 4 - Repeat Prescriptions

How do I request my next prescription?

Request your prescription in good time

- 1 Please submit a prescription request via your portal, giving **10 (working) days'** notice before your current medication runs out. We will not be able to expedite your prescription if you run out of medication.

Keep your monitoring forms up to date.

- 2 Please be aware that a new prescription cannot be issued unless you have submitted your weekly monitoring forms. This is an important part of safe prescribing.

To request your next prescription:

1

Send a prescription request through the portal.

Create a new note in your portal for **'Your Prescriber'** and select **'Prescription Request'**.

2

Complete the prescription form.

A **Prescription Address and Payment Exemption Confirmation Form** **or** **Pharmacy Address Confirmation Form** will open up after you submit your note.
The form you receive will depend on how your prescription is being issued.

3

Follow the same steps as for your first prescription.

For the remaining steps, please follow the instructions in the section above: [Step 2 - Getting your First Prescription](#).



Step 4 - End of Titration

What happens when my titration is completed?

You will be invited to an End of Titration Review.

1

Titration is complete once you are stable on your new medication. At this stage, we will arrange an **End of Titration Review** appointment, where your prescriber will review your progress and talk to you about how you are finding your medication.

We will contact your GP about Shared Care.

2

We will write to your GP to confirm the details of your treatment so far and request a **Shared Care Agreement**. You can read more about this in our guide, [Shared Care: How it Works](#):

Continue requesting prescriptions from Psychiatry UK until Shared Care is confirmed.

- 3 Please continue to request your prescriptions from your Psychiatry UK prescriber until your GP has confirmed that Shared Care has been accepted. This helps make sure there is no gap in your treatment.

Your GP will take over prescribing and routine monitoring.

- 4 If your GP accepts Shared Care, they will continue prescribing your medication. They will also arrange to monitor your blood pressure, pulse, weight and height after **six months**.

We will contact you for your Annual Review.

- 5 We will contact you after **12 months** to arrange an **Annual Review** with Psychiatry UK.



Please note: if your GP declines a Shared Care Agreement, we will continue to prescribe your medication.

How Can ADHD Medication Help?

Although there is no cure for ADHD, medication can help to relieve symptoms that may cause difficulties in day-to-day life.

The effects of medication vary from person to person, but some of the improvements you may notice include:

- 1 Increased attention span, with less daydreaming or distraction.
- 2 Improved executive functioning, such as planning, following instructions, solving problems and adapting to new situations.
- 3 Improved motivation to start and complete tasks.
- 4 Feeling calmer and less restless.
- 5 Improved emotional regulation.
- 6 A more measured approach to decision-making, including thinking through consequences before acting.
- 7 Improved ability to prioritise and manage workload at school, university or work.

Common side effects and advice

Some side effects are common when starting ADHD medication, particularly during the early stages of titration. These often improve with time, but there are also some simple steps that may help.

- **Reduced appetite:** A reduced appetite is a common side effect. This can often be managed by planning meals in advance. Some people find it helpful to eat more before taking their medication and again later in the day, once it has worn off.
- **Eating regularly:** Small, manageable snacks during the day can help maintain your energy levels and may also support the effectiveness of your medication. It is important to make sure your calorie intake remains within daily guidelines so that your weight stays stable.

- **Hydration:** Try to drink plenty of fluids throughout the day to stay well hydrated.
- **Dry mouth:** Dry mouth is a common side effect of stimulant medication. This can often be helped by taking regular sips of water. Some people also find sugar-free sweets or chewing gum helpful.



You can also read our guide: [Helpful Tips to Manage Side Effects](#).

Taking and storing your medication safely

Before starting your medication, please read the information leaflet inside the pack carefully.

Alcohol can increase the risk of cardiovascular side effects, such as a faster heart rate, chest pain or changes in blood pressure. It is best to avoid alcohol, or keep it to a minimum, while taking ADHD medication. Please also remember that some foods may contain alcohol.

Using illicit drugs, such as cocaine or amphetamines, while taking ADHD medication can be extremely dangerous and may be fatal.

You should also avoid over-the-counter cold and flu remedies that contain decongestants or caffeine.

Please let your prescriber know straight away if:

- You become pregnant while taking your medication. Please read our guide: [ADHD, Medication and Pregnancy](#).
- You are prescribed any new medication that you have not already told us about.

It is also important to store your medication safely so that it continues to work properly and to make sure you are meeting any legal requirements.

If you have any questions, please contact your prescriber. You can also read our guide: [Safe Storage of Medication](#).

Understanding 'unlicensed' or 'off-label' medication

Although understanding of ADHD in adults has advanced, many ADHD medications are still only licensed for use in children.

NICE guidelines recommend several medication treatments for adults with ADHD that are commonly prescribed off-label, based on clinical guidance and evidence of effectiveness. This is known as **unlicensed** or **off-label** use.

You can read more in our guide: [Unlicensed Treatment for Adults with ADHD](#).



Annual Medication Reviews

Why are Annual Reviews important?

An Annual Review is an important part of safe, long-term ADHD treatment. It allows us to:

- Check that your medication is still helping.
- Monitor for side effects or health changes.
- Review whether your dose is still right for you.
- Make sure your care continues to meet best practice guidelines.

We will contact you to arrange this. If you feel you need a medication review sooner, please ask your GP to let us know.



How can I get in touch?

You can contact your prescriber by creating a note in your portal for **'Your prescriber'**.

For any other queries, please contact our patient support team via **Live Chat** or by calling **0330 124 1980 (Mon-Fri 8am-6pm)**.