EP

EMBRACE PSYCHIATRY

CLARITY. FOCUS. RESILIENCE.

Side Effect Tracker: Stimulants

A weekly worksheet for ADHD medications — bring it to every visit

What this is: Stimulants are the most common medications used for ADHD. They work by raising the levels of certain brain chemicals involved in attention and self-control. Examples include Adderall, Vyvanse, Concerta, and Ritalin. This worksheet helps you and your care team track how the medication feels and catch side effects early.

How to use this tracker: Each evening, rate each item for that day: **0** = not at all, **1** = a little, **2** = quite a bit, **3** = very much. Bring the completed sheet to every visit.

Name: _____ **Week of:** _____ **Medication & dose:** _____

Part 1 — Daily Side Effect Ratings (0–3)

Side effect to watch for	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Less appetite than usual (skipping meals)							
Trouble falling asleep or staying asleep							
Headache							
Stomachache or nausea							
Dry mouth							
Moodiness or irritability as it wears off ("the crash")							
Fast or pounding heartbeat							
Dizziness or lightheadedness							

Part 2 — Daily Context

Each day, record:	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Medication taken? (Y / N)							
Time of dose							
Hours of sleep last night							
What did you eat today?							
Notes (caffeine, stress, exercise, anything unusual)							

943 West Overland Road, Suite 3587, Meridian, ID 83642 | 208-279-5241 | office@embracepsychiatry.com | embracepsychiatry.com

In crisis? Call or text 988, or text HOME to 741741.

© 2026 Legion Medical LLC d/b/a Embrace Psychiatry. For education only — not medical advice.

⚠ Serious side effects — call right away (do not wait for your visit)

- Chest pain, trouble breathing, or fainting
- New or worsening tics (repeated movements or sounds you cannot control)
- Severe mood changes: unusual sadness, aggression, seeing or hearing things that are not there
- Fingers or toes turning white or blue and feeling numb or painful

If it feels like an emergency, call **911**. If you are in crisis, call or text **988**.

943 West Overland Road, Suite 3587, Meridian, ID 83642 | 208-279-5241 | office@embracepsychiatry.com | embracepsychiatry.com
In crisis? Call or text 988, or text HOME to 741741.
© 2026 Legion Medical LLC d/b/a Embrace Psychiatry. For education only — not medical advice.

Part 3 — Using Your Medication Safely

Take it in the morning

Stimulants are usually taken first thing in the morning. Taking them late in the day is the most common cause of sleep problems. Follow the schedule your prescriber gave you — do not change the dose or timing on your own.

If you miss a dose

If it is still morning, take it when you remember. If it is already afternoon, skip it and take your next dose as scheduled the next day. **Never take two doses at once** to make up for a missed one.

Refill rules (controlled substance)

- Stimulants are controlled substances. They cannot be refilled early, and prescriptions cannot be "called in" the way most medications can — your prescriber must issue a new prescription each month.
- Plan ahead: contact the office **at least 3–5 business days** before you run out so there is time to send the prescription.

Store it safely

- Keep it in a locked place, out of reach of children and others in your household.
- **Never share your medication with anyone else.** Sharing a controlled substance is illegal, even if someone has the same diagnosis.

When to call the office

- Side effects are moderate (2s or 3s) for several days in a row, or are getting worse
- You are skipping meals most days or losing weight without trying
- Sleep problems continue even though you take the medication early
- The medication does not seem to be working, or wears off much too early
- You feel pressure to take more than prescribed, or are running out early

My notes for the next visit:

Patient signature: **Date:** **Reviewed by:**

A note on honesty: There are no "good" or "bad" scores here. Under-reporting side effects can leave you with problems that could be fixed with a dose or timing change; over-reporting can lead to stopping a medication that is actually helping. The most useful tracker is an honest one.

943 West Overland Road, Suite 3587, Meridian, ID 83642 | 208-279-5241 | office@embracepsychiatry.com | embracepsychiatry.com
In crisis? Call or text 988, or text HOME to 741741.
© 2026 Legion Medical LLC d/b/a Embrace Psychiatry. For education only — not medical advice.

Please read: This handout is for education only and is not medical advice. Do not start, stop, or change any medication without talking to your prescriber. If you are in crisis, call or text **988** (Suicide and Crisis Lifeline) or text **HOME** to **741741**.

© 2026 Legion Medical LLC d/b/a Embrace Psychiatry.

© 2026 Legion Medical LLC d/b/a Embrace Psychiatry. For education only — not medical advice.