

Sample stimulant titration schedule

Stimulant medication titration schedule using either dexamphetamine (5mg) tablets or methylphenidate immediate release (10mg) tablets.

Child's weight (kg)	Week 1	Week 2	Week 3	Week 4
<25kg	¼:¼*	½:½	¾:¾	1:1
25-35kg	½:½	1:1	1½:1	1½:1½
>35kg	½:½	1:1	1½:1½	2:2

* Dose (tablets) after breakfast : dose after recess or lunch

The dose is increased every week as tolerated, to find the optimal dose (best balance of beneficial to adverse effects). The optimal dose is continued. After dose titration the dose is titrated according to response.

Note: dexamphetamine (5mg) and methylphenidate (10mg) are considered equipotent.

Response is monitored with IOWA Conners ratings from the teacher before starting medication and at the end of each week on medication.