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# **Prescribing Stimulant Medicines**

## Prescribers

The prescribing of stimulant medicines is restricted to medical practitioners who are:

* authorised in writing by the Department of Health;
* practicing in Western Australia or interstate providing a telehealth consultation for a Western Australian resident (where the prescription was issued on or after 13 December 2023);
* in a category of approved specialist medical practitioner; and
* treating approved indications.

## Approved Conditions and Specialists

Stimulant prescribing must be for an approved condition and by the relevant type of specialist.

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| **Approved Condition** | **Approved Specialist** |
| ADHD | Paediatrician  Neurologist  Paediatric neurologist  Psychiatrist  Child and adolescent psychiatrist |
| Acquired brain injury | Psychiatrist  Child and adolescent psychiatrist  Neurologist  Paediatric neurologist  Rehabilitation physician  Paediatric rehabilitation physician |
| Depression | Psychiatrist  Child and adolescent psychiatrist |
| Narcolepsy | Neurologist  Paediatric neurologist  Respiratory and sleep physician  Thoracic medicine physician |
| Binge eating disorder | Psychiatrist |

## Approved Ages

To be eligible for notification, patients must be within the approved age criteria. Outside these criteria, individual patient authorisation must be sought in each case.

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| **Approved prescriber** | **Patient Age** |
| Stimulant prescriber(s) specialising in children | between 4 years and 19 years or  between 19 and 25 years (if the patient was treated by the prescriber prior to reaching 19) |
| Stimulant prescriber(s) specialising in adults | patients aged 17 years and over |

## Maximum Doses

For notification, patients must be within the approved maximum dosing. Outside these criteria individual patient authorisation must be sought.

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| **Stimulant** | **Maximum Dose** | |
| **Patients <18 years** | **Patients ≥18 years** |
| Dexamfetamine | 1mg/kg/day, up to a maximum of 60mg/day | Up to 60mg/day |
| Lisdexamfetamine | Over 6 years of age – commence at 30mg/day, up to a maximum of 70mg/day | Up to 70mg/day |
| Methylphenidate | 2mg/kg/day, up to a maximum of 120mg/day | Up to 120mg/day |
| Combined medicine(s) | 1mg/kg/day (in dexamfetamine equivalents), up to a maximum of 60mg/day | Dexamfetamine equivalent of up to 60mg/day |

If a combination of dexamfetamine, methylphenidate, and lisdexamfetamine are prescribed together then the dose of all agents must be converted to an equivalent daily dose of dexamfetamine and added together.

## [Dexamfetamine Calculator](https://ww2.health.wa.gov.au/~/media/Files/Corporate/general%20documents/medicines%20and%20poisons/Excel/Dex-Equiv-Dose-Converter.xlsm)

## Notification

Approved prescribers must notify the Department of Health whenever commencing a patient on stimulant medicines, even if the patient has previously been treated by another prescriber.

A new notification is only required for changes in:

* patient name;
* nominated co-prescriber (s) or co-prescriber practice details;
* approved stimulant prescriber (i.e. taking over patient care).
* cessation of treatment.

## Co-prescribers

A stimulant prescriber may appoint co-prescribers. Co-prescribers must be medical practitioners practicing in WA. The co-prescriber(s) details must be included in the notification to the Department and the specialist must forward a copy to the co-prescriber at the time of appointment. The stimulant prescriber must review a patient under the care of a co-prescriber at least once annually.

## More information

Contact the Schedule 8 Medicines Prescriber Information Service on (08) 9222 2483 from Monday to Friday 8.30am to 4.30pm.