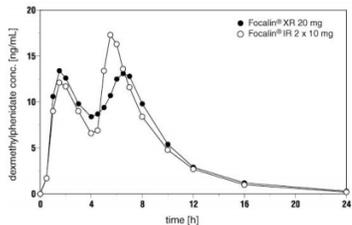
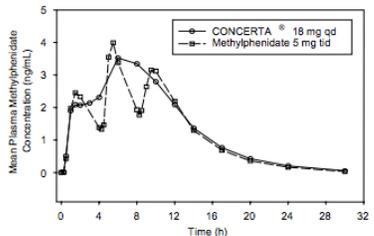
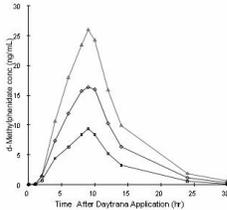


**STIMULANT EQUIVALENCY TABLE --- MATT SWENSON, MD**

Name	Dose	Comments																					
methylphenidate (Ritalin)	10 mg (BID or TID)	<ul style="list-style-type: none"> <li>•Short acting (3-4h): Ritalin, Methylin</li> <li>•Intermediate-acting (6-8h): Ritalin-SR, Methylin ER, Metadate ER.</li> <li>•Long-acting (8-10h): Ritalin LA, Metadate CD, Daytrana (patch)</li> <li>•Longest-acting (10-13h): Concerta</li> </ul>																					
D-methylphenidate (Focalin)	5 mg (BID or TID)																						
Focalin XR	10 mg  *Equal to TDD of Focalin IR	<p>Similar distribution and elimination to twice daily IR dosing</p> <p>You see a similar bimodal peak with Adderall XR</p> 																					
Concerta	36 mg  Other doses: (Ritalin = Concerta) 5 mg = 18 mg 15 mg = 54 mg	<p>Novel in its distribution without bimodal peaks</p> 																					
methylphenidate patch (Daytrana)	10 mg	<p>“Nominal” or goal dose, since the actual amount of MPH in the patch reflects TDD rather than sustained concentration.</p> <p>*See chart below</p> 																					
<table border="1"> <thead> <tr> <th>Nominal Dose Delivered (mg) Over 9 Hours*</th> <th>Dosage Rate* (mg/hr)</th> <th>Patch Size (cm<sup>2</sup>)</th> <th>Methylphenidate Content per Patch (mg)</th> </tr> </thead> <tbody> <tr> <td>10</td> <td>1.1</td> <td>12.5</td> <td>27.5</td> </tr> <tr> <td>15</td> <td>1.6</td> <td>18.75</td> <td>41.3</td> </tr> <tr> <td>20</td> <td>2.2</td> <td>25</td> <td>55</td> </tr> <tr> <td>30</td> <td>3.3</td> <td>37.5</td> <td>82.5</td> </tr> </tbody> </table> <p>*Nominal <i>in vivo</i> delivery rate in children and adolescents when applied to the hip, based on a 9-hour wear period.</p>				Nominal Dose Delivered (mg) Over 9 Hours*	Dosage Rate* (mg/hr)	Patch Size (cm <sup>2</sup> )	Methylphenidate Content per Patch (mg)	10	1.1	12.5	27.5	15	1.6	18.75	41.3	20	2.2	25	55	30	3.3	37.5	82.5
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mixed amphetamine salts (Adderall)	5 mg BID (10 mg Adderall XR)	Probably twice as potent and lasts 4-5 hrs rather than Ritalin’s 3-4 hrs. If Adderall lasts 5 hours, expect Adderall XR to last about 10 hours (or double). However, see caveat below.																					
dextroamphetamine (Dexrostat or Dexedrine)	3.75 mg BID	<p>*75% of Adderall dose since “mixed” amphetamines are 3:1 Dextro- verses Levo-enantiomer</p> <p>Similar pharmacokinetics to Adderall. Note that elimination is variable because rates of excretion and absorption are sensitive to gastric and bladder pH. <u>Acidic = low absorption &amp; fast excretion /Alkaline = high absorption &amp; low excretion</u></p> <ul style="list-style-type: none"> <li>•Diet high in citrus fruits, vegetables, or dairy products increase urine pH</li> <li>•Diet high in meat products or cranberries can decrease urine pH</li> </ul>																					
Dexadrine Spansules	7.5 mg	Probably lasts 8-10 hours but can be quite variable. Equal to TDD of Dexadrine IR.																					
Lisdexamfetamine (Vyvanse)	25 mg	A bit tricky: A prodrug that is converted to dextroamphetamine by the hydrolytic activity of red blood cells. The “conversion rate” is measured at 0.2948, meaning 30mg Vyvanse is equal to 8.85 mg dextroamphetamine, or 11.8 mg Adderall.																					