



embracing
ADHD
'Procrastinate Later'

Prescription Renewal Process as of August 2025

When you get your escript you will get a separate email confirming it has been sent. The email contains the earliest date that you can request the script be renewed. We strongly suggest you put this date on your phone or calendar. On or after that date send in your next Treatment Review Form (TRF). The link is available on the website under resources if you have mislaid it.

Do not send your next request before the due date. If you send it early, it cannot be processed, and you may need to resubmit it at the correct time.

You will know we have received your TRF as you get an automatic acknowledgement from jotform when you submit it. It says 'Success'. They host the TRF securely for us. There is no need to email us separately to ask if we have it.

All of our medical staff are part-time and have other commitments, so it usually takes 3-5 working days to complete your request. Very occasionally (when some of our medical staff are on leave) it might be up to 7 working days. If you have not heard from us by then do not resubmit your TRF. Simply email us using the contact form with an enquiry about your script. If you have forgotten to renew it, or for any other reason need it to be done urgently, email us separately using the contact form in addition to completing the TRF. If we can do it for you, we will, but there may be an additional charge for this. GPs can usually issue an emergency 1 month script.

Your renewal date is calculated based on all scripts you have received, not just the last one. There is no point in emailing us with dates from your pharmacist if all they have done is look at the dispensing dates for your last script (which are quite different). Ask them to check (and preferably give you a copy of) the States record (it is called Scriptcheck). It contains a list of all the prescriptions issued to you that have occurred for the drug in question. You can then work out for yourself what you have been given and how long it should have lasted. The available data goes back several years in most instances.

We rarely make mistakes. If you think we have and you have not been able to obtain the Scriptcheck record or don't know how to use it, then we will check our records, and the States records for you. If you are correct and have not made an error in collecting your medication, there is no charge for this. Your renewal date will be corrected. If you are wrong or have failed to collect some of your medication from your pharmacist, there is a charge for the time it takes. We may well ask you questions about your use of the medication if it appears you are not complying with your treatment instructions.

If you are going abroad let us know as soon as possible if you wish to take medication with you. You must comply with the regulations of all countries that you are travelling to or transiting through. Some countries do not permit you to take dexamphetamine

even for personal use. You will need a travel letter from us. We cannot provide treatment if you are abroad for longer than 3 months or in the USA for any period.

You will have become used to there being a minimum time before you can get your pharmacist to issue the next repeat of a prescription to you. This is usually set at 3 days less than the medication that has been supplied. So, for Vyvanse, which comes in 30-day packets, it will be 27 days. If work, a holiday, or other commitment, requires you to collect a repeat early, or you will need more than a month's supply, contact us with your reasons for needing an early collection or more medication. Include your pharmacist's email address so we can communicate with them. If you have been collecting more than a month's medication at a time under regulation 49 your maximum script length will be 3-months. Be aware that if you collect your medication too often the State may intervene and you can end up without medication for a period of time.

You must be under specialist care to receive stimulants. Generally, if your treatment agreement with us has come to an end your GP can temporarily prescribe for you while you find a new specialist. If you are going to run out of medication, contact us to see what assistance we might be able to provide to you.

This might all seem very formal. It is! You need to understand that these are Schedule 8 medications which are tightly regulated at State and Federal level. You must not increase your dose without our permission which requires a discussion (and usually an appointment) with us. If you have decreased the dose let us know what dose you are now taking and the reason for the reduction.

Finally, be aware that you cannot use these medications with medical THC or any derivative of it. Scriptcheck records if THC has been prescribed to you, and we will then withdraw your access to stimulants. The combination of THC and stimulants increases your risk of psychosis, and we are not convinced that the combination is safe. A psychotic reaction can have devastating consequences for individuals hence the withdrawal of the stimulant.