

# Metyrol XL<sup>®</sup> (methylphenidate hydrochloride) modified-release hard capsules

Information for patients who have been prescribed Metyrol XL<sup>®</sup>

## Metyrol XL<sup>®</sup> is available in five strengths

Your doctor will decide which strength to prescribe for you. See below for details of available strengths, and pictures of the packs.

10mg



20mg



30mg



40mg



60mg



Packs and capsules shown are not to size or scale - for illustrative purposes only.

Please read the Patient Leaflet inside your pack before you start using this medicine. If you have any further questions, please ask your doctor, pharmacist or nurse.  
Date of preparation: March 2025. Reference: 000737208.

## How to take Metyrol XL<sup>®</sup>

This is a summary, please read the Patient Leaflet inside your pack for full instructions.



### When to take Metyrol XL<sup>®</sup>

- Take Metyrol XL<sup>®</sup> once daily in the morning.
- Metyrol XL<sup>®</sup> should not be taken too late in the morning as it may cause disturbances in sleep.



### How to take Metyrol XL<sup>®</sup>

- The capsule can be swallowed whole, with a glass of water.
- Alternatively, open the capsule and sprinkle the pellets over soft, cool food (e.g., apple sauce). Consume immediately without chewing or crushing the pellets. Do not store for later use.



### Use in children aged 6 years or over

- The recommended starting dose is 20 mg once daily. At the discretion of the doctor, treatment with Metyrol XL<sup>®</sup> can also be started at a dose of 10 mg. The maximum daily dose is 60 mg once daily.



### Use in Adults

- If you take Metyrol XL<sup>®</sup> for the first time, your doctor will start your treatment at a dose of 20 mg once daily and, if required, will increase the dose gradually at weekly small increments.
- If you were already treated with a modified-release formulation of methylphenidate during childhood and you have recently turned 18 years of age, your doctor may continue treatment with the same dose.

### If you forget to take Metyrol XL<sup>®</sup>

Do not take a double dose to make up for a forgotten dose. Wait until it is time for the next dose.

## What is Metyrol XL<sup>®</sup>

Metyrol XL<sup>®</sup> is a brand of methylphenidate hydrochloride modified-release hard capsules. It contains the same medication and treats the same medical conditions as the original brand (Ritalin XL<sup>®</sup>), and other brands of methylphenidate hydrochloride modified-release hard capsules.

## Common Side Effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. Although some people get side effects, most people find that Metyrol XL<sup>®</sup> helps them. Your doctor will talk to you about these side effects.

## Why has my prescription changed to Metyrol XL<sup>®</sup>

Metyrol XL<sup>®</sup> is a brand of methylphenidate hydrochloride prolonged release capsules. It contains the same medication and treats the same medical conditions as the original brand (Ritalin XL<sup>®</sup>) and other brands of methylphenidate hydrochloride prolonged release capsules.

| Brand Name              | Generic Name                  |
|-------------------------|-------------------------------|
| Metyrol XL <sup>®</sup> | methylphenidate hydrochloride |
| Ritalin XL <sup>®</sup> | methylphenidate hydrochloride |

Adverse events should be reported. Reporting forms and information can be found at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). Adverse events should also be reported to Zentiva via email to [UKmedinfo@zentiva.com](mailto:UKmedinfo@zentiva.com) or via phone on 0800 090 2408.