

## Stimulant Titration Playbook for Adult ADHD

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### Core Prescribing Principles

- Start low and titrate gradually
  - Titrate toward **function**, not just symptom improvement
  - Early adjustments are expected
  - Most stimulant side effects are **dose-related** and reversible
  - Adjust one variable at a time: dose, timing, or formulation
  - Most challenges reflect **dose, duration or strategy** mismatch
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### ADHD Prescribing follows a repeatable structure:

1. Choose a starting approach
  2. Titrate toward function
  3. Assess the response pattern
  4. Adjust based on that pattern
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### Common Titration Scenarios

<i>What you see</i>	<i>What it suggests</i>	<i>Direction</i>
<i>Helps but doesn't last</i>	Duration issue	Coverage needs adjustment
<i>No benefit</i>	Inadequate response	Dose or formulation change
<i>Side effects early</i>	Sensitivity	Adjustment needed
<i>Inconsistent effect</i>	Pattern unclear	Re-think diagnosis vs comorbidities

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### Clinical Traps

- Increasing dose when the issue is duration
  - Treating all partial responses the same
  - Staying with one strategy too long
  - Making changes without a clear framework
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*Most ADHD prescribing problems aren't about choosing the right medication.*

*They're about not having a consistent way to make decisions across visits.*

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