

# Why is my Dex not working?

*This information is also relevant to other amphetamine-based medications, eg; methylphenidate (Ritalin).*

Your diet and the timing of both your food and medication intake can have an impact on the effectiveness of Dexamphetamine.

Dexamphetamine (Dex) is more effective when you are hydrated, so drink plenty of water and do not take it with food.

Your body needs both acid-forming and alkaline-forming foods, so eating a balanced diet is important. However, acidic and acid forming foods decrease the absorption of Dex, reducing its effect. These foods tend to make urine more acidic too. This increases the rate by which Dex is released from the body, which also reduces its effectiveness.



## If you are taking your amphetamine medication with your morning coffee, STOP!

Normally, around 30% of the Dex you take is excreted via your urine. However, highly acidic urine (around pH 4-5) will result in as much as 75% of the Dex being eliminated from the body. In contrast, low acid or alkaline urine (around pH 8) will result in less than 5% of Dex being eliminated via your urine, making it much more effective.

You will find many different Acidic/Acidic Food Lists online to help you choose better food options. You can check the pH level of your urine by purchasing pH test strips for under \$20.

Always speak to your Doctor first about how to maximise the effectiveness of your medication. Remember to tell all of your treating Doctors which medications you are already taking (don't assume they know). Dex interacts with various vitamins/minerals and medications, including some popular antidepressants, so if your Doctor doesn't offer information, please ask.

For more information go to the '**Why is my Dex not working?**' post on our website or scan here:

