

## Medication Information

### Provigil

Provigil (modafinil) is in a class of medications called central nervous system stimulants. It is used to improve wakefulness in patients with conditions that cause excessive daytime sleepiness (including medical disorders such as Narcolepsy and the sedative effects of other psychiatric medications). It may also be used to treat attention deficit disorder (ADD or ADHD).

**Precautions:** Provigil may be habit forming and should be used cautiously if there is a history of alcohol or drug abuse. It should be avoided if there is a known history of serious heart, liver, or kidney disease. Very rarely, a serious rash has occurred. Also, some people have occasionally experienced depression, mania, hallucinations, or suicidal thoughts. This medication may cause dizziness and affect judgment or thinking, so do not drive a car or operate machinery until you know how you will be affected. If there is a possibility you may become pregnant or breast feed, consult your physician.

**Interactions may occur with the following medications:** Valium, Tegretol, Anafranil, Norpramin, Nardil, Parnate, Inderal, phenobarbital, Dilantin, Coumadin, Sporanox, Nizoral, Neoral, Sandimmune, and Rifampin. Provigil may decrease the effectiveness of oral contraceptives (birth control pills).

**Common side effects include:** increased heart rate or blood pressure, headache, upset stomach, nervousness, insomnia, dizziness, diarrhea, runny nose, dry mouth, loss of appetite, vomiting, neck pain or stiffness, confusion, and forgetfulness. Other adverse effects not listed here may occur. Contact your physician if you develop any unusual or disturbing symptoms.

**Alternatives:** Other medications used to treat ADD include Dexedrine, Ritalin, Strattera, Welbutrin, Effexor, Clonidine, and Tenex. Certain "natural" substances (such as L-tyrosine and Gingko Biloba) have been found helpful for improving attention and focus. These are not as well studied, may be manufactured with less quality control than medications, can cause adverse reactions, and are usually less predictably effective than medication. Some children become less hyperactive on a low-sugar diet. Cognitive-behavioral and family psychotherapy are often helpful.