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## DEXTROAMPHETAMINE TRANSDERMAL (Xelstrym) Fact Sheet

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### Bottom Line:

Like Daytrana, Xelstrym is helpful for those who, for whatever reason, cannot use any of the wide variety of oral stimulant preparations. Otherwise, we don't recommend it due to high cost, lag time for onset of effect, and the side effect of rash, which is pretty common and unpleasant.

### FDA Indications:

**ADHD** (adult and children  $\geq 6$  years).

### Dosage Forms:

**Transdermal patch:** 4.5 mg, 9 mg, 13.5 mg, 18 mg/9 hour.

### Dosage Guidance:

- Adults: Start 9 mg/9 hour patch QAM (for initial therapy or for patients switching from other amphetamine preparations, regardless of dose). Titrate in increments of 4.5 mg weekly up to a maximum 18 mg QAM.
- Children: Start 4.5 mg/9 hour patch QAM; titrate in weekly increments of 4.5 mg up to max 18 mg QAM.

**Monitoring:** ECG if history of cardiac disease.

**Cost:** \$\$\$\$

### Side Effects:

- Most common: Decreased appetite, headache, insomnia, tic, abdominal pain, vomiting, nausea, irritability, increased BP and pulse. Application site reactions and sensitization may occur.
- Serious but rare: See class warnings in chapter introduction.
- Pregnancy/breastfeeding: Limited data in pregnancy; likely safe in breastfeeding.

### Mechanism, Pharmacokinetics, and Drug Interactions:

- Stimulant that inhibits reuptake of dopamine and norepinephrine.
- Metabolized primarily through CYP2D6 (minor) and glucuronidation;  $t_{1/2}$ : 11.5 hours (6.4 hours in children).
- Avoid use with MAOIs, antacids.

### Clinical Pearls:

- Apply to hip, upper arm, chest, upper back, or flank two hours before an effect is needed and remove nine hours after application (drug effects may persist for five hours after removal). Increase dose at weekly intervals by using next higher dose system. May be removed sooner if shorter duration is desired or if late-day side effects occur. Rotate application sites.
- Clinical effect usually seen in two hours and lasts approximately 12 hours.
- Exposure of application site to a heat source (eg, hair dryer, heating pad, electric blanket) may increase the rate and amount of drug absorbed.
- For localized skin reactions (redness at site), use cortisone cream (1%–2%). For more severe or systemic reactions, discontinue patch.

### Fun Fact:

While Daytrana is approved for pediatric use only, Xelstrym is also approved for use in adults.