



# Deer Valley Counseling

"Skills for Better Living"

## **Requirements Prior to the Prescription Of Psychostimulants**

1. Labs: CMP to include eGFR; CBC, lipid profile, liver profile and UDS.
2. Studies: ECG; if there is a history of cardiac issues or the use of cocaine, methamphetamines or psychostimulants an echocardiogram is also required.
3. Physical Exam: Must be seen by PCP or other medical professional and examined for hypertension, arrhythmias or other medical concerns with a letter stating that individual is medically cleared to take a stimulant medication.

This work up and medical clearance is essential because the primary side effects of psychostimulant medication include an elevation in blood pressure, an increase in heart rate, insomnia, an increase in anxiety, mood lability and a decreased appetite and are contraindicated in individuals who have hypertension, cardiac disease, seizure disorders, glaucoma, an active eating disorder or those with liver or kidney disease, or those currently using methamphetamines, cocaine or other activating substances.