

Application guide and helpful tips

HERE'S WHAT YOU NEED TO KNOW ABOUT THE XELSTRYM PATCH:

- ✓ Before applying it
- ✓ While wearing it
- ✓ After removing it



Not actual size.

This is for informational purposes only.
Please talk to your doctor if you have any questions about XELSTRYM.

Xelstrym®
(dextroamphetamine) 
transdermal system
4.5mg/9 hours 9mg/9 hours 13.5mg/9 hours 18mg/9 hours

What is XELSTRYM?

XELSTRYM is a central nervous system stimulant prescription medicine used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD) in adults and children 6 years and older. XELSTRYM may help increase attention and decrease impulsiveness and hyperactivity in adults and children 6 years of age and older with ADHD. XELSTRYM is not recommended for use in children under 6 years of age with ADHD.

IMPORTANT SAFETY INFORMATION

Abuse, misuse, and addiction: XELSTRYM is a federally controlled substance (CII) because it contains dextroamphetamine that can be a target for people who abuse prescription medicines or street drugs. Keep XELSTRYM in a safe place to protect it from theft. Never sell or give your XELSTRYM to anyone else because it may cause death or harm to them and it is against the law. Tell your healthcare provider (HCP) if you or your child have ever abused or been dependent on alcohol, prescription medicines, or street drugs.

Please read Important Safety Information on pages 5-6 and [click here](#) for Full Prescribing Information, including BOXED WARNING.

Important considerations when applying and wearing XELSTRYM

Start strong—here's what to do when applying your patch

- ✓ Apply only **one patch** at a time
- ✓ Apply **a new patch** every day
- ✓ Choose a **different application site** from the one used the previous day to reduce the risk of skin reactions like irritation, discomfort, or pain

Stay informed—here's what to avoid with your patch

- ✗ **DO NOT** wear the patch for more than 9 hours in a 24-hour period
- ✗ **DO NOT** touch the sticky side of the patch with your fingers. If touched accidentally, wash your hands right away with soap and water
- ✗ **DO NOT** expose the application site to direct heat sources (for example, heating pads, electric blankets, saunas, hot tubs, etc.)
- ✗ **DO NOT** apply dressings, tape, or other adhesives over the XELSTRYM patch



Download the Mindful Patch™ app to support your patch management routine

This optional companion app can track application sites, to help you put your patch in the right spot each day.



[Click here to download from the Apple App Store](#)

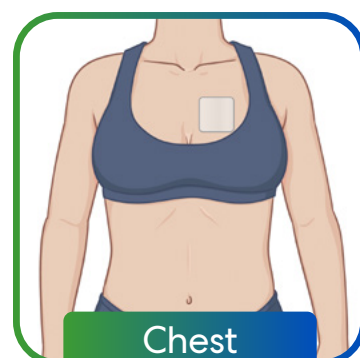


[Click here to download from the Google Play Store](#)

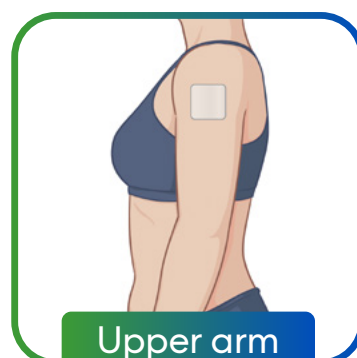
Steps for applying XELSTRYM

1 Choose an approved application site (left or right chest, upper arm, upper back, flank, or hip) and apply one patch

- Avoid areas where tight clothing like waistbands or straps may cause the patch to lift
- **To reduce the risk of skin reactions, rotate to a different approved site each day**
- Rotate among 10 different application sites:



Chest



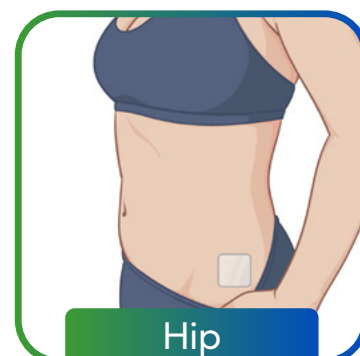
Upper arm



Upper back



Flank



Hip

2 Check your skin before applying XELSTRYM

- Clean the area with soap and water and dry thoroughly. Do not use alcohol-based products, powders, lotions, or gels
- Do not apply to skin with cuts, scrapes, burns, rashes, or other issues **as this may lead to improper absorption of medication/increase risk of skin reactions**
- The area should be hairless. If needed, trim hair with scissors as close to the skin as possible

3 Apply XELSTRYM

- Press the patch firmly in place with the palm of your hand
- Wash your hands with soap and water after applying

4 Check the patch regularly throughout the day to ensure it remains fully adhered (for example, after sleeping, showering, bathing, swimming, sweating, or changing clothes)

- If edges lift, press them down firmly with your palm
- If the patch falls off, do not reapply it. Apply a new patch to a different site and ensure total wear time does not exceed 9 hours in a 24-hour period
- Children should be instructed to notify a parent or caregiver if the patch becomes loose or falls off

Steps for removing XELSTRYM

- 1 Remove XELSTRYM after 9 hours (or before, based on the plan you and your healthcare provider have aligned on)**

When removing the patch, slowly peel it off by lifting from one corner while holding the skin and gently rounding from the corner as you go.

To help reduce skin reactions from leftover adhesive, wash the area with soap and lukewarm water, or use an oil-based product to clean your skin after removing the patch.

- 2 Throw the patch away, then wash your hands with soap and water**

 If you do experience any skin reactions (like irritation, discomfort, or pain), they may go away in 2 to 4 hours. It is important to talk to your doctor about any questions or side effects, and you are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.



Need help remembering when to remove your patch?

The optional **Mindful Patch app** can provide personalized patch removal reminders!

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Do not use XELSTRYM if you or your child are:

- Allergic to amphetamine or any of the ingredients in XELSTRYM. See the end of the Medication Guide for a complete list of ingredients in XELSTRYM.
- Taking or have taken within the past 14 days a medicine called a monoamine oxidase inhibitor (MAOI), including the antibiotic linezolid or the intravenous medicine called methylene blue.

XELSTRYM can cause serious side effects, including:

- **Risks for people with serious heart disease.** Sudden death has happened in people who have heart defects or other serious heart disease. Your HCP should check you or your child carefully for heart problems before starting treatment with XELSTRYM. Tell your HCP if you or your child have any heart problems, heart disease, or heart defects. **Call your HCP or go to the nearest hospital emergency room right away if you or your child have any signs of heart problems such as chest pain, shortness of breath, or fainting during treatment with XELSTRYM.**
- **Increased blood pressure and heart rate.** Your HCP should check you or your child's blood pressure and heart rate regularly during treatment with XELSTRYM.

• Mental (psychiatric) problems.

Including new or worse behavior and thought problems; new or worse bipolar illness; new psychotic symptoms (such as hearing voices, or seeing or believing things that are not real); or new manic symptoms. Tell your HCP about any mental problems you or your child have or about a family history of suicide, bipolar illness, or depression. **Call your HCP right away if you or your child have any new or worsening mental symptoms or problems during treatment with XELSTRYM, especially hearing, seeing or believing things that are not real, or new manic symptoms.**

- **Slowing of growth (height or weight) in children.** Children should have their height and weight checked often while on XELSTRYM. Your HCP may stop treatment with XELSTRYM if your child is not growing or gaining height or weight as expected.
- **Circulation problems in fingers and toes (peripheral vasculopathy, including Raynaud's phenomenon).** Fingers or toes may feel numb, cool, or painful. Fingers or toes may change color from pale, to blue, to red. Tell your HCP if you or your child have any numbness, pain, skin color change, or sensitivity to temperature in the fingers or toes. **Call your HCP right away if you or your child have any signs of unexplained wounds appearing on fingers or toes while using XELSTRYM.**
- **Serotonin syndrome.** Symptoms such as agitation, fast heartbeat, flushing, seizures, coma, sweating, loss of coordination, confusion, dizziness, tremors, stiff muscles, muscle twitching, seeing or hearing things that are not real (hallucinations), changes in blood pressure, high body temperature (hyperthermia), nausea, vomiting, or diarrhea may occur. Stop using XELSTRYM and call your HCP or go to the emergency room if symptoms occur. Serotonin syndrome may occur if XELSTRYM is taken with certain medicines and may be life-threatening.
- **Allergic skin rash (contact sensitization).** Stop using XELSTRYM and tell your HCP right away if you or your child develop swelling or blisters at or around the application site.

IMPORTANT SAFETY INFORMATION (continued)

- **Application site reactions.** Reactions have happened while wearing XELSTRYM and after removing it. Symptoms include pain, itching, burning feeling, redness, discomfort, or swelling at the application site. Call your HCP if you or your child develop any application site reactions that do not resolve on their own.
- **New or worsening tics or worsening Tourette's syndrome.** Tell your HCP if you or your child get any new or worsening tics or worsening Tourette's syndrome during treatment with XELSTRYM.

Before taking XELSTRYM tell your HCP about all the medications you take and any medical conditions including if you:

- Are pregnant or plan to become pregnant. It is not known if XELSTRYM may harm your unborn baby. There is a pregnancy registry for women who are exposed to XELSTRYM during pregnancy. The purpose of the registry is to collect information about the health of women exposed to XELSTRYM and their babies. For more information on registering with the National Pregnancy Registry for Psychiatric Medications call 1-866-961-2388 or visit online at <https://womensmentalhealth.org/clinical-and-research-programs/pregnancyregistry/othermedications/>
- Are breastfeeding or plan to breastfeed. XELSTRYM can pass into your milk. Do not breastfeed while taking XELSTRYM. Talk to your doctor about the best way to feed your baby if you take XELSTRYM.

What should I avoid while using XELSTRYM?

- Do not drive, operate heavy machinery, or do other potentially dangerous activities until you know how XELSTRYM affects you.
- Avoid exposing the application site to direct external heat sources such as hair dryers, heating pads, electric blankets, heat lamps, saunas, hot tubs, and heated water beds, as exposure to heat can cause too much medicine to pass into your body and cause serious side effects.

IMPORTANT SAFETY INFORMATION (continued)

The most common side effects of XELSTRYM include:

- decreased appetite
- trouble sleeping
- stomach pain
- nausea
- increased blood pressure
- headache
- muscle twitching (tics)
- vomiting
- irritability
- increased heart rate

Please [click here](#) for the Medication Guide and Full Prescribing Information, including the BOXED WARNING.

You are encouraged to report negative side effects of prescription drugs to FDA. Visit <http://www.fda.gov/medwatch> or call 1-800-FDA-1088.

Support that sticks with you

Refer to this brochure and talk to your doctor to help ensure you understand how to apply and remove XELSTRYM.

Want to learn more, or need help staying on schedule?

Download the **free Mindful Patch™ app**—an optional digital companion designed to help you track and rotate application sites, set application and removal reminders, and more!



[Click here to download](#)
from the Apple App Store



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XEL-2771-16 10/2025

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(dextroamphetamine) 
transdermal system
4.5mg/9 hours 9mg/9 hours 13.5mg/9 hours 18mg/9 hours

