

ADHD medication out of stock: action checklist

From ADHD Helper, adhdhelper.co.uk/living-with-adhd/medication-shortage/

Version: 27 July 2026. Information only, not medical advice. Never start, stop or change prescription medication without advice from your prescriber or pharmacist.

Straight away

- ☐ Ask the pharmacist what exactly is unavailable (your brand? your strength? all versions?) and when they expect stock
- ☐ Ask whether a Serious Shortage Protocol (SSP) applies. When the government issues an SSP for a medicine, the pharmacist can supply a specified alternative strength, formulation or quantity without a new prescription, with your consent (Community Pharmacy England, Serious Shortage Protocols, checked 27 July 2026)
- ☐ Ask the pharmacy to check other branches, and try other pharmacies yourself (stock differs street to street; independents can differ from chains)
- ☐ Count the days of medication you have left, so every later conversation has a number in it

If still stuck: contact your prescriber

- ☐ Tell them what the pharmacist said is unavailable and how many days you have left
- ☐ Ask whether a different strength, formulation or brand of your medication is appropriate for you (only a prescriber can change a prescription)
- ☐ Ask whether a temporary switch to an available alternative is appropriate in your case, and what to expect
- ☐ Ask what to do if you run out entirely before stock returns: do not just stop without advice

Never

- ☐ Do not stop or change your medication on your own
- ☐ Do not buy prescription stimulants from unregulated websites or unofficial sellers: unsafe and unlawful
- ☐ Do not borrow someone else's medication

Plan ahead for next time

- ☐ Order repeat prescriptions in good time (a week or more before you run out)

- ☐ Ask your pharmacy whether they can order your medication ahead of your repeat becoming due
- ☐ Keep a note of which local pharmacies have been reliable for your medication

Where the real supply information lives

- Your pharmacist and prescriber: they can see current wholesaler availability and official notices
- Professionals check the Medicines Supply Tool, maintained with the Department of Health and Social Care on the Specialist Pharmacy Service site. It requires a professional login, which is why your pharmacist is your best route to it (SPS, checked 27 July 2026)
- Active SSPs are listed publicly via the NHS Business Services Authority and Community Pharmacy England

We deliberately do not print stock claims here: availability changes weekly and varies by area. Ask the people who can see today's data.

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