

Taking **dexamphetamine** and **Sinemet** (carbidopa/levodopa) together is generally **not recommended** unless specifically prescribed and closely monitored by a specialist, such as a neurologist.

Combining these two medications creates a significant risk of cardiovascular and neurological complications because both drugs increase the levels or activity of dopamine in the brain and affect the sympathetic nervous system.

Key Risks of the Interaction

The primary concern with this combination is that dexamphetamine (a central nervous system stimulant) and Sinemet (a dopamine precursor) can "potentiate" or strengthen each other's effects, leading to:

- **Cardiovascular Strain:** Both medications can increase heart rate and blood pressure.¹ Taking them together can cause additive effects, leading to hypertension (high blood pressure), tachycardia (fast heart rate), or palpitations.²
- **Worsening of Dyskinesia:** Sinemet is used to treat Parkinson's symptoms, but too much dopamine can cause involuntary, jerky movements known as dyskinesia. Dexamphetamine increases dopamine release, which may make these movements more frequent or severe.
- **Psychiatric Effects:** High levels of dopamine activity are linked to agitation, anxiety, hallucinations, and even psychosis. If you have a history of these issues, the combination is particularly risky.
- **Reduced Sinemet Efficacy:** In some cases, stimulants may interfere with how the brain processes the dopamine provided by Sinemet, potentially making your Parkinson's symptoms more unpredictable.

Potential Side Effects to Watch For

If a doctor has prescribed both for a specific reason (such as treating severe daytime sleepiness or ADHD alongside Parkinson's), you should be alert for the following:

Category	Symptoms
Heart/Circulation	Chest pain, pounding heart, severe headache, or dizziness.
Movement	Increased twitching, jerking, or "on-off" fluctuations in mobility.

Mental State	Intense anxiety, paranoia, confusion, or seeing/hearing things that aren't there.
Sleep	Severe insomnia or disrupted sleep patterns.

Crucial Medical Considerations

1. **Doctor Supervision:** Never start, stop, or adjust the dose of these medications without consulting your prescribing physician. They may need to adjust your Sinemet dose if dexamphetamine is added.³
2. **MAO Inhibitors:** If you are taking an MAO-B inhibitor (like selegiline or rasagiline) for Parkinson's, taking dexamphetamine is generally **strictly contraindicated** as it can lead to a life-threatening hypertensive crisis.
3. **Pre-existing Conditions:** If you have a history of heart disease, high blood pressure, or glaucoma, this combination is usually avoided entirely.