

2nd January 2018

Dear Parent/Guardian

Re: Change to your son/daughters melatonin prescription

We are writing to you as your child is taking melatonin which has been prescribed to help them sleep. Until recently there has been no licensed alternative available to the melatonin capsules your child has been prescribed. It has been agreed within the Trust that where possible, patients who have been prescribed melatonin capsules (unlicensed) should in future use the Circadin® brand. This is available as a 2mg modified release tablet.

You will already know that most makes of melatonin do not have a UK licence. Circadin® is the only licensed brand of melatonin available in the UK. The content of melatonin in this form is more reliable than unlicensed melatonin preparations, which may contain slightly more or less than the stated amount. Using Circadin® therefore provides greater quality control than other brands of melatonin.

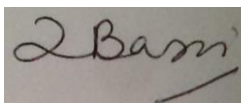
Circadin® can be crushed and mixed with a small amount of liquid or food for an immediate effect or it can be swallowed whole for a modified (slower) release, as prescribed by your doctor.

If your child is unable to swallow the modified release Circadin® tablets, even if mixed with water or juice, please contact your paediatrician to discuss other options.

The change to using Circadin® tablets will take place from repeat prescriptions requested from 1st February 2018. Until then please continue with the existing supply of capsules as before.

Enclosed with this letter is a number of frequently asked questions, should you require any further advice we have set up a dedicated phone line for advice/queries only which will be open from the hours of 10am – 12pm daily from 2nd January through to 1st February. Please be aware that this phone line is not a replacement for the repeat prescription service, all requests for on-going medication should still use the original numbers.


Yours sincerely,



Z Bassi
**Neurodevelopmental
Paediatrician & Clinical Lead
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R Greer
**Associate Chief Operating
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**Chief Pharmacist &
Chair - Medicines Management and
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