

# Circadin® Tablets

## Introduction

This leaflet compiles answers being implemented at Alder Hey

## Information for parents and carers

### Why do we have to change medication?

Currently Alder Hey is prescribing melatonin capsules in an unlicensed format. Circadin® is the only licensed brand of melatonin in the UK and the content in this form is more reliable than unlicensed melatonin prescriptions. Using Circadin® provides greater quality control.

### My child struggles with change and gets very anxious when they don't know what to expect. How can I best support them with this change?

The Circadin tablets can be given in a similar way to the contents of the IR Melatonin capsules. You may be able to use similar strategies that you use to support any other change/ transition.

### Do you have an easy read document for me to share with my child?

An information leaflet on melatonin is available at

[http://www.medicinesforchildren.org.uk/sites/default/files/content-type/leaflet/pdf/MfC\\_Melatonin-for-sleep-problems\\_PV2\\_2014-12-05.pdf](http://www.medicinesforchildren.org.uk/sites/default/files/content-type/leaflet/pdf/MfC_Melatonin-for-sleep-problems_PV2_2014-12-05.pdf)

### How can I take my new medication?

Circadin® comes in tablet form and instructions on how to take it will be clearly mentioned on the label.

### If I crush it how does that change the reaction in my body?

Crushing Circadin® will mean that the medication will act as an immediate effect drug which will work quicker for the patient but may not last as long.

### My child can't take tablets how else could they take this? (E.g. in a drink/ peanut butter/ yoghurt)

Circadin® can be crushed and added to juice, yoghurts etc.

### My child took a liquid form what options are available for them?

Circadin® can be added to drinks i.e. juice or water.

### My child took a mixture of quick and slow release melatonin how will this be managed to give the same effect?

Your prescriptions will still be separate and the label on your child's prescription will identify how you should give your child their medication. It may be that you give a mixture of whole tablet and crushed form dependent on your child's needs. This will be prescribed by your Paediatrician.

### When will these changes to medication take place?

For all requests for repeat prescriptions for melatonin from 1st February 2018 will be dispensed as Circadin®

### How will I re-order the melatonin?

The current re-ordering process for your child's medication will not change. For Liverpool the number is 0151 293 3648 and Sefton is 0151 252 5337. Please note that this is an answering service only, your call will not be taken by a member of staff. Please leave a message stating your requirements. If you do wish to speak to someone regarding your prescription please leave a message with a contact number and a member of the prescription team will call you back.

### Is there a phone number change?

There is no phone number change for repeat prescriptions.

For any specific queries regarding the changeover to Circadin® that has not already been explained, a dedicated helpline has been established. The number is 07546 095017 and will be available between the

hours of **10.00am and 1.00pm Monday to Friday**, starting from Tuesday 2nd January through to the 1st March 2018. Alternatively you can email your query to [CommunityPrescriptions@alderhey.nhs.uk](mailto:CommunityPrescriptions@alderhey.nhs.uk)  
Please note that it may not be possible to answer your query immediately due to availability of doctors but we will aim to respond within 14 days

### **Is there a timescale change (e.g. allow 14 working days)**

The process for requesting repeat prescriptions has not changed. The 14 day requirement for placing your request for a repeat prescription still remains.

### **What can I do if I try the new medication and it doesn't work for my child?**

The new medication is just a different brand name of the same generic drug and is expected to work in the same way. Your doctor will be able to discuss this with you at your next appointment. Should your concern require a quicker response please request a telephone consultation with your paediatrician via the advice line or email address listed below. Please note that it may not be possible to answer your query immediately due to availability of doctors but we will aim to respond within 14 days.

### **Who can I talk to if I'm still concerned having read the letter and Frequently Asked Questions?**

Please contact the dedicated advice/guidance phone line with your concern on 07546 095017

### **What do I do if I want to make a complaint about how I have been dealt with / if my melatonin doesn't come within the agreed timescale?**

The repeat prescription service has not changed. Queries or issues with your prescription not arriving or concerns raised still need to be dealt with by our prescriptions team. Please be aware that this is an answering service only. If you wish to speak with a member of staff please leave your name and contact number and someone will call you back. Alternatively you can email [CommunityPrescriptions@alderhey.nhs.uk](mailto:CommunityPrescriptions@alderhey.nhs.uk)

## **In Summary**

### **Repeat Prescriptions**

There is no change to the repeat prescription service currently in place at Alder Hey. For these requests please continue to contact us on the numbers below;

Liverpool – 0151 293 3648  
Sefton/Knowsley – 0151 252 5337

### **Advice/Guidance on change to Circadin®**

Should you require advice/guidance regarding the change to Circadin® please contact us on 07546 095017. This number will be available to take calls between the hours of 10am – 1pm Monday to Friday from Tuesday 2nd January 2018 through to Wednesday 28th February 2018. Alternatively you can email your query to [CommunityPrescriptions@alderhey.nhs.uk](mailto:CommunityPrescriptions@alderhey.nhs.uk)

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