Sleep diary to be completed by patient/carer before initiation of Melatonin- https://thesleepcharity.org.uk/wp-content/uploads/The-Sleep-Charity-Childrens-Sleep-Diary.pdf.

|  |
| --- |
| Melatonin Products – (to be prescribed by brand as appropriate)[GMMMG-SCP-Melatonin-for-children-and-adolescents-v3.0-final-for-web.docx (live.com)](https://view.officeapps.live.com/op/view.aspx?src=https%3A%2F%2Fgmmmg.nhs.uk%2Fwp-content%2Fuploads%2F2021%2F09%2FGMMMG-SCP-Melatonin-for-children-and-adolescents-v3.0-final-for-web.docx&wdOrigin=BROWSELINK) |
| ProductName | **Adaflex© 1mg-5mg tablets****1st Line**- licensed | **Circadin© MR 2mg tablets****2nd a**lternative-off-label  | **Slenyto© 1mg/5mg SR tablets****3rd** alternative- licensed | **Melatonin liquid 1mg/ml**4th alternative- unlicensed |
| ProductInformation | Licensed for crushing.Insomnia in children with ADH age 6-17.Off label for other sleep disorders, neurological & neurodevelopmental Disorders.SPC info can be found [here](https://www.medicines.org.uk/emc/product/13628) | If currently stabilised on this can remain on this.1stchoice trial if needs a MR preparation for night-time waking.SPC info can be found [here](https://www.medicines.org.uk/emc/product/2809) | Licensed ASD- age 2-18Modified release pellets.Off label for other sleep disorders, neurological & neurodevelopmental disorders.SPC info can be found [here](https://www.medicines.org.uk/emc/product/10023) | Review all current patients- keep this product as a named patient basis onlyOnly for children that have severe sensory sensitivity in ASD and learning disability where other formulationshave failed. |
| No Info currently on crushing for PEG/JEG tubes | Can crush tablets- it becomes IR prep.For PEGs/JEGs can crush tablets- 15-30ml water to flush. | “DO NOT CRUSH”If drowsiness is an issue next day review suitability and dose. | Restrict use Primary care can issue a “propylene glycol free” liquid. (Consilient Health) |
| DosingInformation | Max 6mg /day allowed on SCP. Doses above this are RED indication and all prescribing retained by the specialist centre.  |
|  Licensed MAX 5mg /day |  | Licensed MAX 10mg daily |  |
| All patients on melatonin that the Trust is regularly supplying please review formulation choice (amend if appropriate) and resend SCP to the GP. |
| Sleep hygiene techniques to be utilised even with Melatonin initiated. Please ensure regular drug treatment holidays and dose reviews. |
| Prescriber to complete the local letter template on Advantis with the SCP link embedded and send to GP- they have 14 days to reply in order to accept or refuse continuity.If you receive any refusals for any SCP medications. Please send to grainne.mccall@stockport.nhs.uk to investigate. |