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.

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| 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) | | | | |
| Product  Name | **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 |
| Product  Information | 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 2-18  Modified 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 only  Only for children that have severe  sensory sensitivity in ASD and learning  disability where other formulations  have 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) |
| Dosing  Information | 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](mailto:grainne.mccall@stockport.nhs).uk to investigate. | | | | |