

Circadin® (melatonin) 2mg Modified Release Tablets

Information Leaflet for Parents and Carers

If your child has recently been prescribed Circadin® 2mg MR tablets or has difficulties swallowing tablets/capsules then the following information may be useful.

- Circadin® tablets should normally be swallowed whole with a glass of water once a day, between half an hour and an hour before your child's agreed bedtime. Give the medicine at about the same time each day so that this becomes part of your child's daily routine, which will help you to remember. This is because they are modified (slow) release tablets which means that the melatonin is released gradually over a period of time after the tablet is swallowed.
- If your child has problems swallowing tablets, or the specialist wants a more immediate effect, you may be advised to crush the tablets and give with a spoonful of milk or yoghurt. Crushing Circadin® tablets means that they will work more quickly and should be given nearer to bedtime.¹
- Crushing a Circadin® tablet will not damage the active ingredient (melatonin). There are no safety concerns with crushing Circadin®. However, it will affect the modified (slow) release properties of the product so we advise swallowing the tablet whole if possible to maximise the effect. The modified (slow) release properties will be maintained to some extent if the tablet is halved or divided into 4 quarters.²
- Crushing tablets is usually quite simple, but some techniques are easier than others.
 - You can purchase a tablet crushing device from your local community pharmacy. These are often made of plastic and are relatively inexpensive. They are reusable, can be rinsed and dried after use, and can be used to crush other suitable tablets too.
 - Alternatively, you can use two similarly sized dessert spoons to crush the tablet. Put the spoons together so that one spoon sits in the spoon below. Make a

small gap between the spoons, and place one tablet between these surfaces and gently squeeze the spoons together. The tablet should break up without escaping. Further crushing will make a finer powder. Please note that it is not necessary to crush to a very fine powder, as once the tablet is roughly crushed, it will offer "immediate release" characteristics as desired. Repeat if more than one tablet is required to provide the dose.

- For administration via a feeding tube, the tablet can be crushed to a fine powder and added to 15 - 30ml of water and mixed well. This should be drawn into a 50ml oral syringe and administered taking care to rinse the tablet crusher with water and administer the rinsing to ensure all tablet particles are given. The feeding tube should be flushed with 30ml water before and after drug administration.

If you have any queries, please speak to your GP or Pharmacist.

References

1. Medicines for Children information for parents and carers-melatonin for sleep disorders <https://www.medicinesforchildren.org.uk/sites/default/files/content-type/leaflet/pdf/Melatonin%20for%20sleep%20disorders.pdf> (Accessed 20/08/2019)
2. PrescQIPP Bulletin 108 Melatonin <https://www.prescqipp.info/media/1464/b108-melatonin-spot-list-21.pdf> (Accessed 20/08/2019-subscription only)
3. The NEWT Guidelines. J Smyth, Betsi Cadwaladr University Local Health Board (East) 2019. Available via www.newtguidelines.com