

## Circular 19/07

### **Pharmaceutical Service : Melatonin Prescribing Changes**

This is to update colleagues on two changes to the prescribing of Melatonin via the Pharmaceutical Service.

#### **1. Learning Disabilities**

The Prescribing and Formulary Panel has recommended that people with learning disability, of all ages, may have **Melatonin 2mg MR tablets** on States prescriptions when prescribed or initiated by the Learning Disability Consultant, Dr Michael Layton. The numbers involved will not be large. Patients who had prescribing initiated by Dr Layton may obtain it on repeat prescriptions from their GP or from another Consultant.

**Pharmacists kindly note the above. We do not expect pharmacy staff to “police” who can prescribe melatonin, but it is very important that only the approved products are dispensed.**

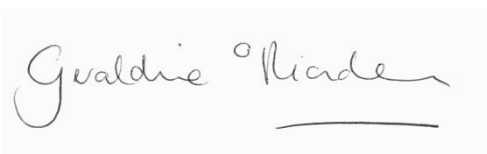
#### **2. Liquid melatonin**

The Prescribing and Formulary Panel has recommended a change of the liquid product available from Melatonin 5mg per 5ml oral solution to **Melatonin Oral Suspension 10mg per 5ml**. This was necessary due to the very high cost of the Colonis product, which is only licensed for the short-term treatment of jetlag in adults.

**GPs and hospital doctors kindly note the above and change repeat prescriptions for patients already on Melatonin in liquid form to 10mg per 5ml oral suspension.**

**Pharmacists kindly note the above. N.B Pharmacy contractors will be reimbursed for Melatonin 10mg per 5ml suspension immediately and for the Colonis 1mg per 1 ml Melatonin product for September and October prescriptions.**

Do please get in touch on 732460 if there are any further queries about the prescribing of melatonin.



**Geraldine O’Riordan**  
Prescribing Advisor

**September 2<sup>nd</sup> 2019**