



Berkshire West Area Prescribing Committee Policy Statement

Drug Name	Melatonin (Circadin® and unlicensed brands)
Indication under review	Treatment of sleep disorders in paediatric patients
Policy No:	APC 031
Date of Issue:	January 2014
Review Date:	January 2017
Policy Statement: Melatonin is NOT routinely recommended as an option for prescribing within primary care EXCEPT when Circadin® (modified release melatonin) is initiated by a specialist who maintains overall responsibility for the patient.	
Traffic Light Status	Amber for Circadin® Red for other forms of melatonin
Key Points considered: <ul style="list-style-type: none"> Local experience indicates that the prescribing of Circadin® is cost-effective when the right patients are selected. Circadin® should be the preferred brand for treating patients when the care of the patient will be shared with the GP All patients and their carers should be given a medication information leaflet by the specialists. The leaflet will also advise patients and carers that treatment is being used off-label. This policy has been produced as a guide for GPs. Evidence and information was carefully considered and consulted upon by clinicians who concluded that this treatment is not a cost effective use of scarce NHS resources. There are situations where this policy may not apply to an individual patient due to their clinical exceptionality. This policy statement does not overrule an individual GPs clinical decision making and therefore each GP would be need to make the final decision on whether treatment is a cost-effective use of their CCG budget 	
References: <ol style="list-style-type: none"> Gupta A, Varthamanan C. Effectiveness of melatonin in treating sleep problems in children-parent satisfaction survey. Archives of Diseases in Childhood, October 2012, vol/is 97/(A435) 0003-9888 (Oct 2012) Appleton R.E., Jones A.P., Gamble C., Williamson P.R., Wiggs L., Montgomery P., Sutcliffe A., Barker C., Gringras P. The use of melatonin in children with neurodevelopmental Ferracioli-Oda E, Qawasmi A, Bloch M.H. Meta-analysis: Melatonin for the treatment of primary sleep disorders. PloS ONE, May 2013 vol/is8/5, 1932-6203 (17 May 2013) 	
Date taken to APC:	8 th January 2014
Date Ratified by MMC on Behalf of the Board:	15 th January 2014