

Please note that this document has not been updated for the 2026-27 incentive scheme. Standard Operating Procedures (SOPs) for medicines optimisation switches/reviews, along with other supporting materials, were originally developed for use by Medicines Optimisation Team staff within NHS South Yorkshire Integrated Care Board (ICB). Other organisations or groups choosing to use this resource does so at their own risk and NHS SY ICB accepts no liability for its use or application.

Circadin® 2mg modified release tablets switched to generic melatonin 2mg modified release tablets.

Background

- The current Sheffield Shared Care Protocol (SCP) for the treatment of sleep disorders in children is being updated and will shortly become a SY wide SCP. Circadin® 2mg modified release tablets is being replaced by generic melatonin 2mg modified release tablets as first line treatment for sleep maintenance in children (both are prescribed for an off-label indication).
- Food can enhance the increase in plasma melatonin concentration. Intake of melatonin with carbohydrate-rich meals may impair blood glucose control for several hours. It is recommended that food is not consumed 2 hours before and 2 hours after intake of melatonin 2mg modified release tablets.
- In a small minority of children who have issues with sleep initiation and sleep maintenance, Sheffield Children's Hospital advise that one tab of 2 mg be given as crushed and one taken whole (total dose of 4 mg at night).
- Where a child has swallowing difficulties, the prescription may state that Circadin® 2mg MR tablets should be crushed before taking. Sheffield Children's Hospital have received no reports of any issues reported by patients crushing generic MR melatonin and have no objection for such prescriptions to be changed from Circadin® 2mg modified release tablets to generic melatonin 2mg modified release tablets.
- There may be instances where adults have been prescribed Circadin 2mg modified release tablets: as this potential switch is listed in 23/24 PGS Q1 report, the same principals would arise for switching adult patients from Circadin® 2mg modified release tablets to generic melatonin 2mg modified release tablets.

Exclusion from switch

- Do not switch patients with enteral feeding tubes as crushed melatonin 2mg modified release tablets may block the tube. Instead consider if switching from Circadin® 2mg modified release tablets to Ceyesto® 1mg/ml oral solution may be a more appropriate choice for the patient.

Actions

- Send patient letter to help facilitate the switch. Amend the letter to include crushing the tablet before taking.

References

[Melatonin prescribing guideline.pdf \(sheffieldccg.nhs.uk\)](#)

[Circadin 2 mg Prolonged-release Tablets - Summary of Product Characteristics \(SmPC\) - \(emc\) \(medicines.org.uk\)](#)