

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.

Melatonin immediate release capsules to Adaflex® tablets (melatonin immediate release tablets)

For this workstream, a switch from melatonin immediate release capsules to Adaflex®¹ is restricted to children and adolescents aged 6-17 years and over with ADHD.

Background information

- A SY [SCP](#) is now available which includes Adaflex®
- Adaflex® is licensed for Insomnia in children and adolescents aged 6-17 years with ADHD, where sleep hygiene measures have been insufficient.
- Adaflex® can be crushed and mixed with water directly before administration.
- 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 Adaflex®

Actions

- For melatonin immediate release capsules to Adaflex® tablets switch, send patient letter (Appendix 1)

References

1. [Adaflex 1 mg tablets - Summary of Product Characteristics \(SmPC\) - \(emc\) \(medicines.org.uk\)](#)
2. [Melatonin prescribing guideline.pdf \(sheffieldccg.nhs.uk\)](#)

Appendix 1: melatonin immediate release capsules to Adaflex® tablets switch

PRACTICE ADDRESS
LIST OF GPs ETC

Private and Confidential

PATIENT NAME

NHS Number:

PATIENT ADDRESS

PATIENT ADDRESS

PATIENT ADDRESS

DATE

Dear Parent / Guardian of (Insert Child's Name)

The doctor has agreed a change to your child's prescription medication.

Prescribing at the practice is regularly reviewed to make sure patients are receiving the most suitable medication.

At the moment your child takes melatonin[strength] capsules - [dose]. This has been changed to **Adaflex [strength] tablets - [dose]**

Please note: These tablets contain the same medication at the same dose.

- The change will not affect the way your child's condition is managed and will continue to be monitored by the doctor as before.
- Their next repeat prescription will be changed to **Adaflex**. Please continue to use their current supply of **melatonin** as prescribed by the doctor until the pack is finished and you collect your child's new prescription. **Do not use both together.**
- Adaflex can be crushed and mixed with water directly before administration.
- It is recommended that food is not consumed 2 hours before and 2 hours after Adaflex is taken.
- Please read the patient information leaflet provided with the new medication.
- This letter only refers to the change to **Adaflex**. All other medications your child takes should continue to be taken as prescribed by the GP.

If you have any concerns or notice any changes in your condition, please contact the surgery.

Yours sincerely,

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Pharmacy Technician / Clinical Practice Pharmacist