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Join today: www.sfh-tr.nhs.uk

March 1st 2025

Dear Parent/Guardian

We are writing to inform you of a change to the way Melatonin is prescribed by the Paediatric service at Sherwood Forest Hospitals Trust.

From the 1st June 2025 supplies of Melatonin will no longer be delivered to your home.

For Children/young people under Community Paediatrics

You can still order your melatonin via the email or telephone service but instead of this being delivered to your house it will go electronically to your local pharmacy for you to collect from there.

Email: sfh-tr.cp.prescriptions@nhs.net

Or telephone 01623 672275

When you place your order please tell us which pharmacy you would like your medication to go to, in case this is not recorded on your child's record. Your doctor will then prescribe your child's melatonin electronically and this will go directly to your pharmacy for you to collect.

You will now only need to give us 10 working days to complete the prescription rather than three weeks.

For Children/Young people under General Paediatrics

You can still order your Melatonin via a telephone call to your Child's Paediatric Secretary or via switch board.

Your melatonin will be prescribed on a paper prescription and sent to you in the post or given to you when you are seen in clinic. You will need to take this prescription to the local pharmacy.

Changes to the medication

The Melatonin will be prescribed as a tablet rather than a capsule – this will need to be crushed and placed in a small amount of liquid just before taking, if your child cannot swallow tablets.

You may notice a change of appearance or name to the medication. This is because we are going to prescribe by medicine name and will not specify the brand. This may mean that the medicine, the packaging and/or the tablet, may look different each time.

The Trust will prescribe two versions depending on the dose your child is taking:

Modified-release 2mg tablets

- Will be used for doses of 2mg, 4mg, 6mg, 8mg or 10mg

Home, Community, Hospital.

- These are slow release when swallowed whole and take a bit longer to start working but can help sleep across the night
- When crushed and mixed with water they will become immediate release and work quicker to help with starting sleep but might not last as long

Immediate release 3mg or 5mg tablets

- Will be used for doses of 3mg or 5mg
- If swallowed whole or crushed and mixed with water, this formulation works quicker to help with starting sleep but might not last as long

Liquid Melatonin

Liquid melatonin is prescribed in very rare cases, where children are not able to swallow due to a medical condition, eg they have their medication through a feeding tube into their stomachs.

It is not possible to switch children who currently receive capsules to liquid preparation.

The medication being used is either a licensed product for your child's condition, or a product which is licensed and being used "off label". This means that the medication may have a license to be used in a certain group of children eg those with ADHD, but we are using it for those with autism, or it is licensed for adults and we are using it in children. This doesn't affect the effectiveness or safety of the medicine used.

Side effects

Melatonin is a relatively, safe medication and we would not expect your child to develop different side effects with this medication. If you have any concerns when your child takes the medication, ensure your child stops taking it immediately, and contact our service.

If they become unwell eg allergic reaction, or persistent palpitations, or any other symptoms you have acute concerns about, please contact NHS 111 or take your child to the Emergency department.

More information about melatonin and what to look out for is available at

www.medicinesforchildren.org.uk, under Melatonin into the search box or here



If you have a question about this change you can mention it when you order your prescription.

If you have an appointment already in place, we can discuss changes with you when you attend.

Paediatric Team
Sherwood Forest Hospitals Trust
(v2 Update Dec 2025)

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