

Melatonin Paediatric Product Selection Guide

Principles of using this guide:

- Immediate Release (IR) versus Modified Release (MR) formulations: MR formulations are not normally required to aid sleep. IR formulations to help with sleep onset are usually preferred. Specialist must specify if a MR formulation is required.
- Switching MR to IR /IR to MR requires discussion with relevant specialist.
- Products may have different licensed indications, but all are covered within the Amber status (may be used outside the terms of the product licence but not to an extent that a GP would not normally be expected to accept clinical responsibility).
- Preferred products may occasionally be unavailable due to supply chain issues. In these instances, other options can be used. Refer to SPS - Specialist Pharmacy Service [Link](#)
- Products to be administered via enteral tube will be advised by specialist.

1. Preferred First Line Options (all indications)

First Line Choice	Where there are no swallowing difficulties	Where there are swallowing difficulties	Cost per 30 days Based on DT June 2025 Link *DM+D Accessed 09/06/2025 Link
If Immediate Release formulation required.	Adaflex® 1mg, 2mg,3mg, 4mg, 5mg (Immediate release) tablets. Prescribe by brand	Trial of Adaflex® (crushed and mixed with water) before progressing to Table 2.	1mg=£10.89 2mg=£10.89 3mg=£10.89* 4mg= £10.89 5mg=£10.89
If Modified Release formulation required (MR must be specified by specialist)	Melatonin M/R 2mg tablets. Prescribe generically.	Progress to Table 2.	2mg=£2.71 4mg=£5.42 6mg=£8.13

2. Products which are recommended for Limited Use Only

Products which are recommended for Limited Use Only	Rationale	Cost per 30 days Based on DT June 2025 Link
Licensed melatonin 1mg/ml sugar free oral solution On dispensing community pharmacists MUST consider the product's excipient content e.g. propylene glycol as some excipients make supply unsuitable in certain age groups. Please refer to NPPG Position Statement and EMC	Use ONLY if: <ul style="list-style-type: none"> • Adaflex® (crushed and mixed with water) is not tolerated. 	1mg =£3.75 2mg =£7.50 3mg =£11.26 4mg =£15.01 5mg =£18.76 6mg =£22.51
Slenyto® M/R 1mg, 5mg tablets.	Slenyto® is more expensive than Melatonin MR 2mg tablets Use a trial of Slenyto® ONLY if: <ul style="list-style-type: none"> • M/R is considered essential and patient cannot tolerate swallowing melatonin M/R 2mg tablets 	1mg=£16.48 2mg =£32.96 3mg =£49.44 4mg =£65.92 5mg=£82.40 6mg =£98.88

3. Products which are not recommended for use.

- Melatonin capsules (as much more expensive than tablets).
- Colonis liquid in children under 5 years (as contains propylene glycol).
- Ceyesto® liquid in children under 6 years (as contains propylene glycol and benzyl alcohol)
- Melatonin 2mg/ml oral solution (as not licensed for use in children and contains propylene glycol)
- Unlicensed melatonin formulations

Additional References

- Melatonin shared care guideline [Link](#)
- Community Pharmacy ready reckoner to inform product selection for dispensing melatonin 1mg/ml oral solution sugar free (licensed) to paediatric patients [Link](#)
- GMC prescribing guidance [Link](#)
- MHRA : Off-label or unlicensed use of medicines: prescribers' responsibilities [Link](#)
- HSC Agreed list of paediatric liquid medicines [Link](#)
- NPPG Position statement 2020-01 Choosing an Oral Liquid Medicine for Children [Link](#)
- EMC [Link](#)

This advice does not override or replace the individual responsibility of health professionals to make appropriate decisions in the circumstances of their individual patients, in consultation with the patient and/or guardian or carer. Product information is accurate at time of publication.