Further information

Evelina London Medicines Helpline
If you have any questions or concerns about your child’s medicines, please speak to the staff caring for them or contact our helpline.

**t:** 020 7188 3003  
(10am to 5pm, Mon to Fri)  
**e:** letstalkmedicines@gstt.nhs.uk

Patient Advice and Liaison Service (PALS) To make comments or raise concerns about the Trust’s services, please contact PALS.

**t:** 020 7188 8801 at St Thomas’  
**t:** 020 7188 8803 at Guy’s  
**e:** pals@gstt.nhs.uk

Language Support Services
If you need an interpreter or information about your care in a different language or format, please get in touch on

**t:** 020 7188 8815  
**fax:** 020 7188 5953

NHS Choices
Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** www.nhs.uk
The aim of this leaflet is to answer some of the questions you may have about melatonin. If you have any further questions or concerns, please speak to your child’s GP or pharmacist.

The use of melatonin for children is an unlicensed use of the medicine. There are times when doctors advise patients to use a medicine in a way not specified by the manufacturer of the medicine. They do this because they think it may work well to treat a particular condition.

The Trust’s leaflet, Unlicensed medicines – a guide for patients, has more information about medicines being used outside their license. Please ask the hospital pharmacist for a copy.

What is melatonin used for?

Melatonin is used to help your child sleep. It is a substance already occurring naturally in the body that promotes sleep.

How much does my child need?
The hospital doctor will decide how much medicine your child needs. The clinical physiologist will administer the dose which should help your child sleep in 30–45 minutes.

Are there any side effects associated with melatonin?

<table>
<thead>
<tr>
<th>Side effect (What is it?)</th>
<th>What should I do if it happens?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common</td>
<td>None</td>
</tr>
<tr>
<td>Uncommon</td>
<td>None</td>
</tr>
<tr>
<td>Rare</td>
<td>Headache: Paracetamol or ibuprofen can be given if the headache persists after waking.</td>
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<tr>
<td></td>
<td>Reduced body temperature: The clinical physiologist will advise and the symptoms should wear off quickly.</td>
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You should contact your child’s hospital doctor if any of these side effects continue or become a problem.

Can my child receive melatonin at the same time as other medicines?

Melatonin should not cause problems with other medicines.

Check with your child’s hospital doctor or pharmacist if you have any worries.

How is melatonin given?

Melatonin can be given as tablets or liquid. The clinical physiologist will discuss this with you to ensure that the best form is chosen before administration.