

Side-effects that you must do something about



Rarely, melatonin can cause problems with your child's heart. If your child develops chest pain or has a fast heart rate (they may have a fluttering feeling in their chest or feel their heart beating quickly), contact your doctor straight away or take your child to hospital.



If your child seems very unwell in any way that is unusual for them and you are concerned, take them to hospital.

Other side-effects you need to know about

- Your child may feel dizzy or nervous, or may have stomach pain.
- Your child may develop a rash or itch.

If you are concerned about any of these side-effects contact your doctor.

There may, sometimes, be other side-effects that are not listed above. If you notice anything unusual and are concerned, contact your doctor. You can report any suspected side-effects to a UK safety scheme at www.mhra.gov.uk/yellowcard


Can other medicines be given at the same time as melatonin?

- You can give your child medicines that contain paracetamol or ibuprofen, unless your doctor has told you not to.
- Melatonin should not be taken with some medicines that you get on prescription. It is important to tell your doctor and pharmacist about any other medicines your child is taking **before** starting melatonin.
- Check with your doctor or pharmacist **before** giving any other medicines to your child. This includes herbal and complementary medicines.

Is there anything else I need to know about this medicine?

- Treatment with melatonin is usually started by a specialist.
- A specialist may suggest that your child takes melatonin if they need to have a scan that requires them to lie still for a while.

General advice about medicines

- Only give this medicine to *your* child. Never give it to anyone else, even if their condition appears to be the same, as this could do harm.
-  If you think someone else may have taken the medicine by accident, contact your doctor straight away.
- Make sure that you always have enough medicine. Order a new prescription at least 2 weeks before you will run out.
 - Make sure that the medicine you have at home has not reached the 'use by' date on the packaging. Give old medicines to your pharmacist to dispose of.

Where should I keep this medicine?

- Keep the medicine in a cupboard, away from heat and direct sunlight.
- You may need to keep liquid medicine in the fridge – check the instructions on the bottle.
- Make sure that children cannot see or reach the medicine.
- Keep the medicine in the container it came in.

Who to contact for more information

Your child's doctor, pharmacist or nurse will be able to give you more information about melatonin and about other medicines used to treat sleep disorders.

You can also get more information from:

England: NHS 111

Tel 111

www.nhs.uk

Scotland: NHS 24

Tel 111

www.nhs24.scot

Wales: NHS Direct

Tel 0845 46 47 (2p per minute) or 111 (free)

www.nhsdirect.wales.nhs.uk

Northern Ireland: NI Direct

www.nidirect.gov.uk

www.medicinesforchildren.org.uk



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