



A guide to...

Circadin® 2mg MR Tablet - Crushing Tips *Patient information*

How to contact us

Pharmacy
Watford General Hospital
West Hertfordshire Hospitals NHS Trust
Vicarage Road, Watford WD18 0HB

Pharmacy patient helpline: 01923 436237 (open Monday-Friday 2 pm - 5 pm)

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 198** or email westherts.pals@nhs.net



Author	Anu Paul
Department	Pharmacy
Ratified Date / Review Date	July 2021 / July 2024
ID Number	44-1126-V1



Circadin® 2mg MR Tablets

West Hertfordshire NHS Hospitals Trust recommends the use of Circadin 2mg MR tablets where possible for the provision of the required melatonin dose.

If you have been given a new prescription for Circadin® (melatonin) 2mg tablets (or have previously been using a different formulation such as liquid) and have been told to crush the dose before administration, the following information will be useful.

Crushing Circadin® does not affect the active ingredient in the tablet (melatonin), however, it will mean the tablet loses its modified release properties and will therefore be immediate release ⁽¹⁾.

How to crush tablets

Crushing tablets can be done:

- With a tablet crusher available at most local pharmacies. They are fairly simple to use and can be cleaned down after use.
- Crushing the tablet by placing the tablet between two same sized spoons and pressing them against each other until the tablet is crushed without any powder flying out.

How to Give Circadin MR (melatonin) Tablets by Crushing



You can crush the tablets with a tablet crusher – this is the best way!

Or you can crush the tablets between 2 metal spoons



You can buy a tablet crusher from a community pharmacy

Do not crush the tablets in any plastic items other than a tablet crusher. The powder may stick to them.

Do not mix the powder with hot liquids/food.

Clean the tablet crusher/spoons after each use.



How to use

Once a powder is obtained it can be mixed in 15-30ml of water⁽²⁾ (not boiling water) for administration via a feeding tube or added to a small amount of soft food e.g. yoghurt, jam, etc.



You can add the powder to some soft food, like yoghurt or pureed fruit.

Or:

Add the powder to 15-30mls (one to two tablespoons worth) of water and mix well.

Draw the solution up into an oral syringe and give the dose.

Rinse out the tablet crusher or spoon with water, draw into the syringe and give that to make sure that you have given the full dose.



For immediate release melatonin it is recommended that it is taken 20-30 minutes before going to sleep.

Further information

If you have any further queries, please do not hesitate to call the Pharmacy Patient helpline:
Tel: 01923 436237 (open Monday-Friday 2 pm – 5 pm)

(1) <http://www.circadin.com/about-circadin/qa/> (accessed May 2021)

(2) [NEWT Guidelines - Drug Monographs - melatonin](#) (accessed May 2021)