

## MELATONIN tablets 3 mg and oral solution 1 mg/ml for jet-lag

**The Pan Mersey Area Prescribing Committee does not currently recommend the prescribing of MELATONIN tablets 3 mg and oral solution 1 mg/ml for jet-lag.**

### GREY

Melatonin tablets 3mg and oral solution 1mg/ml are licensed for the treatment of jet-lag in adults.<sup>1</sup>

This recommendation will be reviewed following a full assessment of the evidence, if melatonin for treating jet-lag is identified as a local NHS commissioning priority and a formal applications for use is received and prioritised for in-year review.

This recommendation also applies to any off-label indications for melatonin tablets 3mg, and oral solution 1mg/ml.

### References

1. Colonis Pharma Ltd. Summary of Product Characteristics: Melatonin [tablets 3 mg](#) and [oral solution 1 mg/ml](#), 26 June 2019. Accessed online 02 July 2019.

**Note:** Patients who are not eligible for treatment under this statement may be considered on an individual basis where their GP or consultant believes exceptional circumstances exist that warrant deviation from the rule of this policy. In this situation, follow locally defined processes.