Te Whatu Ora
Health New Zealand
Waitaha Canterbury

MELATONIN

mel-ah-toe-nin

What does it do?

Melatonin is used to help you sleep.

Before you start

- Tell your doctor if you have liver problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *melatonin* as directed with food and a glass of water.
Swallow the slow release (e.g. Circadin®) tablets whole.

What if you forget a dose?

Should an occasional dose be missed it need not be taken later.

Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Drowsiness, weakness, dizziness Headache Joint, muscle or bone aches and pains Stomach upset	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- *Melatonin* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)