

What are the side effects?

When you take Melatonin you may feel drowsy and sleepy. You may also have stomach cramps, headaches, feel dizzy or sick. These side effects will usually go after a few days. If they don't go away or get worse you need to speak to your parents and your doctor.



Please refer to the manufacturer's patient information leaflet that comes with your medicine for more information and the full list of side effects and precautions.

If you have any questions or concerns, talk to your doctor, pharmacist, or other healthcare professional.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whithealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

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Melatonin

A guide for children



What is it for?

Melatonin can help you if you struggle with falling asleep.



How and when can I take Melatonin?

You can take melatonin as a tablet or as a liquid to swallow, usually half an hour before bedtime. Your doctor will advise you to take it for a few weeks to help you get some good nights' sleep.

What if I forget one?

If you miss one then tell your parents straight away. You will need to take the next dose the next day as usual, but don't take two doses in the same day.

What if I take more than I should?

You should immediately tell your parents or someone who can help you and go to your local hospital to be checked.



When can I stop taking Melatonin?

Melatonin is usually only given for a few weeks, but check with your doctor before stopping.



Can I take other medication with Melatonin?

You can take Paracetamol, but if you are taking other medications ask your parents to tell your doctor immediately.