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Please read this leaflet before you use your medicine. This leaflet provides some useful information for you on your medicine. If you have any questions, please contact us. No liability is accepted for misinterpretation of this information.

What is Circadin (Melatonin)

Circadin is a medicine that contains the active substance Melatonin. It is licensed for the use in Primary Insomnia in the UK but not for Jet Lag, although there have been studies ^[1] ^[2] showing that Melatonin can be very effective for Jet Lag.

We strongly advise you to read the enclosed Patient Information Leaflet (PIL) with your medication, including the contra-indications and possible side effects, and if you have any of these, stop the medication immediately and contact us.

How to take Circadin (Melatonin) for Jet Lag

A course of Melatonin can be repeated for each episode of Jet Lag for up to a maximum of 16 treatment periods each year.

When you buy Circadin for Jet Lag, the manufacturer's PIL will NOT list the dosage and how often to take the drug for this condition, as Circadin is prescribed by us 'off-label' for Jet Lag. Therefore, refer to the following instructions:

Take ONE Circadin tablet only, after eating, and at the local/target bedtime for 2 to 5 nights, starting on the day of arrival in your new time zone.

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Swallow the tablet whole – It is important to NOT split, crush or chew Circadin tablets as this will affect the prolonged-release properties of the tablets and make them less effective.

You should have a feeling of natural sleepiness 1 to 2 hours after taking Circadin.

Do not consume alcohol with Circadin, as it will likely interfere with your sleep.

Swallow the tablet whole – It is important to NOT split, crush or chew Circadin tablets as this will affect the prolonged release properties of the tablets and make them less effective.

When you arrive at your destination, take Melatonin at the local bedtime (but not earlier than 10.00pm and not later than 4.00am).

How many days do I take Circadin (Melatonin) tablets for Jet Lag?

Take ONE tablet at the local/target bedtime after arrival at your new destination. As an approximate guide, the number of days treatment required is the number of times zones divided by 2, then add 1 extra day.

For example if you have travelled across 6 different times zones, you would need divide 6 by 2 (this equals 3), and then add an extra 1. In this scenario, you would require treatment for 4 days.

However, it is important to note that the above information is only a rough guide for when to take the medication and how often.

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Requirements for Circadin may vary between individuals and people may find they need to take it for more or less days, depending on factors such as how quickly they have adapted to their destination after arrival, as well as their regular sleeping habits, etc.

References:

1. Srinivasan V. et al (2008) "Jet lag: therapeutic use of melatonin and possible application of melatonin analogs." 6(1-2):17-28. [PMID 18342269](#)
2. Tortorolo F. et al (2015) "Is melatonin useful for jet lag?" [PMID 26731279](#)