

Circadin® 2mg MR Tablet - Crushing Tips¹

If you have been given a prescription for Circadin® or your prescription has recently been changed to Circadin® from an alternative product, and you have been asked to crush the tablets prior to taking the dose, the following information may be useful.

Crushing a Circadin® tablet will not damage the active ingredient (melatonin)². If it is crushed it will release melatonin similarly to an immediate release formulation².

Crushing tablets is usually quite simple, and some techniques are easier than others

- Purchase a tablet crushing device from your local community pharmacy. They are often made of plastic and cost just a few pounds. They are reusable and can be rinsed and dried after use, and can be used to crush many other tablets also
- Alternatively you may place the tablet between two similarly sized dessert spoons (so that one spoon sits into the spoon below it). Now make a small gap between the spoons, and place one tablet between these surfaces and gently squeeze the spoons together. The tablet should break up without shooting out. Further crushing will make a finer powder. Please note that it is not necessary to crush to a very fine powder, as once the tablet is roughly crushed, it will offer “immediate release” characteristics as desired. Repeat if more than one tablet is required to provide the dose
- Add the powder to 15-30ml of water and mix well³. Alternatively crushed tablets may be mixed with a little milk or soft food (such as yoghurt or jam) to aid swallowing
- Melatonin is recommended to be taken 20 – 30 minutes before bedtime for an immediate release effect (modified release preparations such as Circadin® swallowed whole should be taken 1-2 hours before bedtime)
- If you have any queries, please speak with your community pharmacist, the practice support pharmacist, or your GP at your regular practice

DO NOT do's

- DO NOT crush tablets in a plastic container other than commercially available tablet crushers as the medicine may stick to the plastic
- DO NOT use boiling water to dissolve tablets as it may affect the way the medicine works
- DO NOT leave medicines unattended
- DO NOT administer a medicine that you have not prepared yourself

References

1. Adapted from: Melatonin preferred product choice guidance. May 2017 v1. NHS Herefordshire CCG
2. <http://www.circadin.com/about-circadin/qa/> (accessed August 2018)
3. <http://access.newtguidelines.com/M/Melatonin.html> (accessed August 2018)