

Please confirm and provide documents (PDF or word version) where available regarding the guidance on the use of melatonin during the period 2005-2010.

Specifically:

Indication recommended in children (and adolescents (if applicable))
Dose recommended in children (and adolescents (if applicable))
Formulations recommended (i.e. immediate release, sustained release)

Indication recommended in adults
Dose recommended in adults
Formulations recommended (i.e. immediate release, sustained release)

If it is easier to summarise the above in excel format this is fine but I would like the source document referred to as a PDF or word document.

For the period of 2005-2010 Health Board records show:

Adults:

There were no formulary approved indications for Melatonin in adults. Therefore, no guidance pertaining to it's use was available.

Children:

Formulary approved indication: treatment of sleep disorders for children with neuro-disabilities using Melatonin. This was approved in 2005 as a specialist-only drug, therefore no prescribing guidance or shared care protocol was in use during the time frame specified.

No record of the formulation or dosage recommended at that time could be found.