

# 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<br>Headache<br>Joint, muscle or bone aches and pains<br>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?)