

Surrey & North West Sussex Area Prescribing Committee (APC)

<b>Policy Statement</b>	Melatonin for the treatment of jet lag in adults
<b>Policy No:</b>	APC 455-2019
<b>Date of Issue</b>	October 2019
<b>Review Date:</b>	October 2022 <i>(Unless new published evidence becomes available before this date OR there is new published national guidance e.g. NICE)</i>
<p><b>Recommendations:</b> The Surrey and North West Sussex Area Prescribing Committee (APC) does not recommend the use of melatonin for use in the treatment of jet lag in adults.</p> <p>Melatonin for this indication will be given a <b>BLACK</b> status on the traffic light system and is not recommended for use in any health setting across Surrey &amp; North West Sussex health economy.</p>	
<p><b>Key Consideration</b></p> <ul style="list-style-type: none"> <li>Classified as a medicine used for travel and in anticipation of an ailment. Primary care prescribers are not responsible for providing NHS prescriptions which may arise whilst abroad or travelling.</li> </ul>	
<b>Date taken to Surrey &amp; North West Sussex APC</b>	2 <sup>nd</sup> October 2019
<b>Agreed by APC members</b>	