



Patient Information Sheet ---Melatonin

This medicine was compounded specifically for you in a pharmacy to fill the prescription your doctor wrote for you. It was specially made to meet your individual needs. For this reason, no standardized information or literature is available with your prescription. If you have not done so, please discuss this medicine with your doctor to ensure that you understand (1) why you have been prescribed a compounded medicine, (2) how to properly take this medicine, and (3) the interactions, if any, this medicine may have with any other medicines you are taking.

Compounding is a long-standing pharmacy practice that allows doctors to treat their patients' individual needs without being restricted only to off-the-shelf medicines or devices. This medicine was prepared in a compounding pharmacy to meet the specifications ordered by your doctor.

Call your doctor if you experience any side effects, you are taking additional medicines that may interact with this compounded medicine, or if you have allergies or other medical conditions that should be noted. Call our pharmacists if information on the label is not clear to you or you have any concerns regarding precautions, ingredients, or proper storage. Our pharmacists are available to address any additional questions or concerns.

Medication: This compounded medication contains melatonin, a hormone.

Use: This medication is used to help with sleep disorders, including insomnia, jet lag, and shift-work sleep disorder. It may be used for additional conditions as determined by a physician.

Side Effects: Daytime drowsiness, headache, and dizziness are common side effects, and melatonin is otherwise well tolerated orally. Additionally, patients may experience mild anxiety and irritability, abdominal cramps, nausea, vomiting, and hypotension. Perimenopausal women may see spotting or return of menstrual flow. Contact your physician for persistent or troublesome side effects.

Precautions: Do not drive or operate heavy machinery within 4-5 hours after taking a dose. Avoid alcohol. Use with caution with other sedating drugs.

Dosage and Administration: This medication is typically compounded as a sustained release capsule to be taken orally at bedtime. Typical doses may range from 0.3- 10 mg per dose, but may vary per the prescriber's instructions.

Storage, Beyond Use Dating and Disposal: This medication should be refrigerated (36⁰-46⁰ F). The Beyond Use Date is a scientifically-derived "expiration" date for each unique formulation. This compound is generally good for 180 days from the date compounded. Please refer to your medication's label for specific storage requirements and beyond use dating. Search "How to Dispose of Unused Medicines" at www.fda.gov for info on medication destruction.

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WESTLAKE
2805 Bee Caves Rd., Ste. 416
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512.327.8877
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LAKELINE
13860 Research Blvd., Unit C
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512.219.9499

COMPOUNDING CENTER
4120 Commercial Center Dr. #400
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Disclaimer: This Patient Information Sheet explains the proper use and storage of the described medication and is provided as a service to our customers. This guideline is a summary of information and is not intended to replace or act as an official drug monograph. Patients with further questions or concerns specific to this compounded medication should consult their pharmacist. Patients with questions regarding therapy not discussed above should consult their doctor.

Last update: May 2014