

Circadin™ 2mg MR Tablet - Crushing Tips

If your prescription has recently been changed to Circadin 2mg MR tablets 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 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. Some example prices from a range of high street and independent pharmacies (and internet pharmacies) range from £2 upwards, with many being less than £5. They are reusable and can be rinsed and dried after use, and can be used to crush many other tablets also.
- If you are unable to purchase a tablet crusher, then you can call the Medicines Management Team on 0300 421 1565. If you get through to voicemail, leave a message with your phone number and somebody will call you back to arrange provision of a tablet crusher.
- 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.
- Crushed tablets may be mixed with a little water, or soft food to aid swallowing.
- If you have any queries, please speak with your community pharmacist, the practice support pharmacist, or your GP at your regular practice.

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