

## **PART VI: SUMMARY OF THE RISK MANAGEMENT PLAN**

### **Summary of Risk Management Plan for Melatonin Newbury**

This is a summary of the risk management plan (RMP) for Melatonin Newbury. The RMP details important risks of Melatonin Newbury, how these risks can be minimised, and how more information will be obtained about Melatonin Newbury risks and uncertainties (missing information).

Melatonin Newbury summary of product characteristics (SmPC) and its package leaflet give essential information to healthcare professionals and patients on how the product should be used.

Important new concerns or changes to the current ones will be included in updates of Melatonin Newbury RMP.

### **I. The medicine and what it is used for**

Melatonin Newbury is authorised as monotherapy for the short-term treatment of primary insomnia characterised by poor quality of sleep in patients who are aged 55 or over (see SmPC for the full indication). It contains melatonin as the active substance and it is taken orally once daily, 1-2 hours before bedtime and after food.

### **II. Risks associated with the medicine and activities to minimise or further characterise the risks**

Important risks of Melatonin Newbury together with measures to minimise such risks and the proposed studies for learning more about Melatonin Newbury risks, are outlined below.

Measures to minimise the risks identified for medicinal products can be:

- Specific information, such as warnings, precautions, and advice on correct use, in the package leaflet and SmPC addressed to patients and healthcare professionals.
- Important advice on the medicine's packaging.
- The authorised pack size - the amount of medicine in a pack is chosen so to ensure that the medicine is used correctly.
- The medicine's legal status - the way a medicine is supplied to the patient (e.g., with or without prescription) can help to minimise its risks.

Together, these measures constitute routine risk minimisation measures.

In addition to these measures, information about adverse reactions is collected continuously and regularly analysed, so that immediate action can be taken as necessary. These measures constitute routine pharmacovigilance activities.

If important information that may affect the safe use of Melatonin is not yet available, it is listed under 'missing information' below.

## **II.A List of important risks and missing information**

Important risks of Melatonin Newbury are risks that need special risk management activities to further investigate or minimise the risk, so that the medicinal product can be safely taken. Important risks can be regarded as identified or potential.

Identified risks are concerns for which there is sufficient proof of a link with the use of Melatonin Newbury. Potential risks are concerns for which an association with the use of this medicine is possible based on available data, but this association has not been established yet and needs further evaluation.

Missing information refers to information on the safety of the medicinal product that is currently missing and needs to be collected (e.g., on the long-term use of the medicine).

<b>List of important risks and missing information</b>	
<b>Important identified risks</b>	<ul style="list-style-type: none"><li>• None</li></ul>
<b>Important potential risks</b>	<ul style="list-style-type: none"><li>• Confusion</li><li>• Hallucinations</li><li>• Dyspnoea</li></ul>
<b>Missing information</b>	<ul style="list-style-type: none"><li>• Use in pregnancy/lactation</li></ul>

## **II.B Summary of important risks**

The safety information in the proposed Product Information is aligned to the reference medicinal product.

## **II.C Post-authorisation development plan**

### **II.C.1 Studies which are conditions of the marketing authorisation**

There are no studies which are conditions of the marketing authorisation or specific obligation of Melatonin.

### **II.C.2 Other studies in post-authorisation development plan**

There are no studies required for Melatonin.