

Requirements for pharmacists supplying melatonin without prescription

The gazette notice published by Medsafe on 24 June 2019 reclassifies melatonin for supply by pharmacists as long as competence requirements set by the Pharmacy Council are met.

Gazette notice;

Prescription Medicines

Melatonin; except when supplied in medicines for oral use containing 3mg or less per immediate release dose unit, or 2mg or less per modified release dose unit, when sold in the manufacturers original pack that has received consent from the Minister of Health or the Director General for the treatment of primary insomnia for adults aged 55 years or older for up to 13 weeks by a registered pharmacist.

In order to meet the clinical, ethical, cultural and professional competencies set by Council for safe supply of melatonin without a prescription, pharmacists will be required to:

- 1) Hold a current and valid Annual Practising Certificate in the pharmacist scope of practice;
- 2) Meet the [Pharmacy Council competence requirements for supply of melatonin without a prescription](#);
- 3) Comply with the eligibility criteria for safe supply of melatonin as set out in the gazette notice (e.g. dose form and strength, minimum patient age, primary insomnia indication, maximum of up to 13 weeks supply);
- 4) Adhere to the requirements set out in the Council statement [Protocol for the Sale and Supply of Pharmacist Only Medicines for Chronic Conditions \(POMCC\)](#);
- 5) Comply with the professional, ethical and cultural obligations set by the [Competence Standards for Aotearoa New Zealand Pharmacists 2023](#) and the [Code of Ethics 2018](#).