

MEDICINE & CHILDREN



Ministry of Health
Malaysia

PROPER USE OF MEDICINES

Using medicines properly means knowing the right way of administering medicines to your children.

Don't assume that medicines made for adults are safe for children.

In general, infants and children require smaller dosage of medicines due to their immature organs' functions and small body weight.

Drink plenty of fluids to avoid dehydration through vomiting, diarrhea, perspiration, and nasal secretions.

WHAT DO YOU NEED TO KNOW?



Name and purpose of medication.



How much, how often, and how long the medicine should be taken.



How the medicine should be administered.



Any special instructions.



How the medicine should be stored.



Common side effects or reactions.



Interactions with other drugs.



What happens if your child misses a dose.

GIVING MEDICINES TO YOUR CHILDREN

1

Read All Instructions

Be sure to read and follow all instructions on the label exactly and carefully before giving medicines to your children.

When taking liquid medicines, shake the bottle before measuring each dose.

2

With or Without Food?

"Take with food or milk"

The medicine may upset your child's empty stomach or food may improve absorption of the medicine. In this case, your child should take a meal before taking the medicine.

"Take on an empty stomach"

Your child should take the medicine 1 hour before or 2 hours after a meal.



THE RIGHT DOSE

Measure precisely

Special instruments such as marked syringes, medicine droppers or medicine-measuring spoon or cups, help you to measure the right dose.

STORING MEDICINES

Some medicines will deteriorate and may become inactive if they are not stored under suitable conditions.

Some medicines need to be refrigerated.

Most medicines should be stored in a cool, dry place away from direct sunlight.

Store medicines in their original containers in a dry, locked cabinet so that your child can't reach.

Keep medicines in their original containers, with the original label and instructions, to avoid confusion and to prevent mix-ups.

Make sure that caps and lids are tightly closed after use; loose caps may leak and spill or hasten deterioration of the medicines.

Never throw away medicines into garbage that your child could easily find.



TIPS TO OVERCOME UNPLEASANT TASTE OF MEDICINE

Some kids prefer chilled medications.
Check with your pharmacist to see if
chilling your child's medicine is safe.

If your baby is reluctant to swallow her
medicine, try blowing gently on her face
after giving her the medicine. She'll
reflexively swallow and blink.

If you're using a syringe, try to give a little
bit at a time on the inside of the child's
cheek, where there are no bitter taste buds
as on the back of the tongue.

If your child has difficulty in swallowing a
tablet, consult your pharmacist or doctor
whether you can crush/mix it with juice or
soft food.

SIDE EFFECTS

If your child is having the following
symptoms:

- Rashes
- Vomiting
- Hives
- Diarrhoea

and any unusual symptoms such as:

- Wheezing
- Pain
- Difficulty in breathing

*consult your doctor or pharmacist
immediately!!!*

DID YOU KNOW.....

Before giving your child medicine, make sure you know your abbreviations:

tblsp = tablespoon

tsp = teaspoon

oz = ounce

mg = milligram



If the prescribed dose is in a different unit than your measuring syringe, cup or spoon, don't try to convert it. Don't use a regular spoon because that's not the same as a measuring spoon. Instead, go to the nearest community pharmacy or outpatient pharmacy for a measuring device that will provide an accurate dose.

ATTENTION

All information on this pamphlet is for patients' educational purposes only.

Please obtain appropriate advice from your pharmacist or doctor if you have any questions regarding your medications.

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