Medicines for Children

information for parents and carers

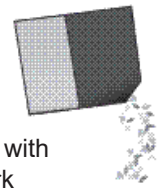
How to give medicines: granules and powders

This leaflet explains how to give granules and powders to children. Specific information about individual medicines is available on the Medicines for Children website, www.medicinesforchildren.org.uk.



This leaflet is for parents and carers about how to give this type of medicine to children. Our information may differ from that provided by the manufacturers, because their information usually relates to adults. Read this leaflet carefully. Keep it somewhere safe so that you can read it again.

Medicines are sometimes available as granules or powders, which you give to your child by mouth (orally).



⚠ Some granules and powders should be taken with food or milk. Other granules and powders work best on an empty stomach. There are a few granules and powders that should not be taken with certain foods, juices or milk. This should be shown on the medicine label. If you are not sure which food or drink your child should have with the medicine, speak with your doctor or pharmacist. Detailed information about what to do is given in the leaflet for each medicine on the Medicines for Children website, www.medicinesforchildren.org.uk

Granules

Granules are designed to be taken with a small amount of food.

- Sprinkle or stir the granules into a small amount of soft food (e.g. yogurt) or a small drink.
- Your child should then swallow the food or drink straight away, without chewing. Make sure that they take it all.
- You can also mix the granules with a spoonful of cold water and give it to your child to drink straight away, without chewing. Do not mix the granules with warm food or liquid.
- Your child must take the granules within 15 minutes of opening the sachet. If the sachet has been open for more than 15 minutes, throw the contents away and use a new sachet.
- Do not keep granules or a granule/food mixture to give later.

Powders

Powders are designed to be dissolved in water. Powders come in either sachets or envelopes (with pre-prepared amounts), or in a tub with a scoop to measure out the right amount. Your doctor or pharmacist will tell you how much powder and how much liquid to use.

- If you have a sachet or envelope, open it and pour the contents into a small glass of water. Ideally your child should be able to swallow all the liquid in one or two gulps, although for some medicines the manufacturer recommends a larger amount of liquid. Check the label on the medicine and if you are not sure ask your doctor or pharmacist.
- If you have a tub, measure out the right amount using the scoop and pour it into a small glass of water.
- Stir well until all the powder has dissolved and the mixture is clear or slightly hazy.
- You can add fruit squash to the drink if your child does not like the taste. The medicine will still work properly.
- Make sure your child drinks it all. If they cannot drink it all in one go, they can drink it over about 30 minutes. It may help to use a straw. If you need to use a small amount of liquid, you can use an oral syringe. You can get this from your pharmacist.
- Do not keep the drink to give later.

You can read further information about individual medicines by searching (A–Z) on the Medicines Information pages on the Medicines for Children website.

Who to contact for more information

Your child's doctor, pharmacist or nurse will be able to give you more information about your child's medicines.

You can also get useful information from:

England: NHS 111 – Tel 111 – www.nhs.uk

Scotland: NHS 24 – Tel 111 – www.nhs24.scot

Wales: NHS 111 Wales – Tel 111 – www.111.wales.nhs.uk

Northern Ireland: NI Direct – www.nidirect.gov.uk

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NPPG Neonatal & Paediatric Pharmacy Group

Health & care information you can trust The Information Standard Certified Member

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The primary information source for this leaflet is the British National Formulary for Children. Details on other sources used can be found on www.medicinesforchildren.org.uk.

We take great care to make sure that the information in this leaflet is correct and up-to-date. However, medicines can be used in different ways for different patients. It is important that you ask the advice of your doctor or pharmacist if you are not sure about something. This leaflet is about the use of these medicines in the UK, and may not apply to other countries. The Royal College of Paediatrics and Child Health (RCPCH), the Neonatal and Paediatric Pharmacy Group (NPPG), WellChild and the contributors and editors cannot be held responsible for the accuracy of information, omissions of information, or any actions that may be taken as a consequence of reading this leaflet.