

# How to give your child liquid medicine: information for families

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This information sheet from Great Ormond Street Hospital describes how to give your child liquid medicine. There is also a short video podcast available on our website at [www.gosh.nhs.uk/conditions-and-treatments/medicines-information](http://www.gosh.nhs.uk/conditions-and-treatments/medicines-information). An Easy Read information sheet is included for your child. If you have any questions about your child's medicine, please ask your family doctor (GP) or local community pharmacist.

## What to do

### Using an oral syringe

1. Wash your hands.
2. Make sure your child is sitting upright.
3. Shake the bottle unless stated otherwise on the label.
4. Remove the top from the bottle and insert the bottle adapter if necessary.
5. Insert the top of the oral syringe into the bottle adapter.
6. Turn the bottle upside down and pull the plunger until the medicine reaches the volume required.

Note: Check the measurements on the syringe before giving a dose – some syringes are marked in millilitres (ml) and some in milligrams (mg).

7. Gently remove the oral syringe from the bottle adapter.
8. Put the top back on the bottle.
9. Put the tip of the oral syringe inside your child's mouth between the gums and the inside surface of their cheek.

10. Gently push the plunger to squirt small amounts of medicine into the side of your child's mouth.
11. Allow your child to swallow before you carry on pushing the plunger.

Note: Do not squirt the entire dose into your child's mouth in one go – they may choke.

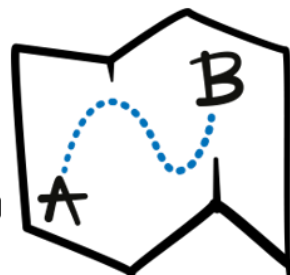
12. Give your child a drink to wash down the medicine.
13. When you have given the whole dose, take the syringe apart and wash the sections in warm, soapy water unless directed otherwise on the label.

Note: Only use warm soap water to wash the syringe – some cleaning fluids remove the dose markings, making the syringe unsafe to use.

14. Leave the syringe sections to dry naturally away from heat and sunlight then re-assemble the syringe ready for the next dose.

### Using a medicine cup or spoon

1. Wash your hands.
2. Make sure your child is sitting upright.









3. Shake the bottle unless stated otherwise on the label.
4. Carefully pour the medicine into the medicine cup or medicine spoon according to the dose on the label.
5. Give the dose to your child.
6. Give your child a drink to wash down the medicine.
7. When you have given the whole dose, wash the cup or spoon in warm, soapy water unless directed otherwise on the label.
8. Leave the cup or spoon to dry naturally away from heat and sunlight

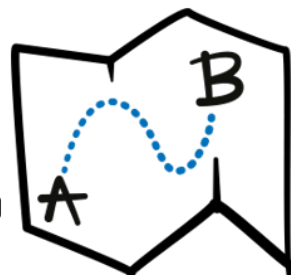
Note: Always use the medicine cup or spoon enclosed with the bottle. Do not use a household spoon as this will not give an accurate dose, which could be unsafe.





## Storing the liquid medicine safely

- Keep all medicines out of the reach and sight of children.
- Ask your pharmacist about storing the medicine. Some need to be kept in the fridge but others only need to be kept out of direct sunlight
- Read the instructions on the label and only use the liquid medicine as instructed.
- Always check the expiry date of the medicine before you give it to your child.
- Always check that you are giving the correct dose of medicine as some medicines are available in different strengths.
- If the medicine passes its expiry date or your child stops using it, please return it to your pharmacist. Do not flush it down the toilet or throw it away.

## How to take liquid medicine

|   |  |
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|   | Wash your hands  |
|  | Read the label on the bottle so you know how much medicine to take |
|  | Use the spoon or cup in the package to measure out the medicine    |
|  | Swallow the medicine   |
|  | Have a drink to wash down the medicine                             |
|  | Put the top back on the bottle                                     |



|   |   |
|---|---|
|  | Wash the spoon ready for the next time              |
|  | Store the bottle in a safe place away from children |
|  | Store the bottle in the fridge if the label says so |
|  | If you have any questions, ask your pharmacist      |

