



# How to give your child tablets or capsules

## Instructions

### Tablets or capsules that need to be swallowed whole

1. Wash your hands
2. Remove the required number of tablets or capsules from the packaging and put in a plastic cup
3. Ask your child to place one on their tongue towards the back of his or her mouth
4. Give your child a drink from a 'grown up' cup – one without a spout is best
5. The tablet or capsule should be swallowed along with the drink. It might help to look down while swallowing.
6. Repeat with the rest of the dose if necessary

### Tablets or capsules that can be crushed or emptied

1. Wash your hands
2. Remove the required number of tablets or capsules from the packaging and put in a plastic cup
3. For tablets – Put the tablet in the tablet crusher and empty the crushed tablet back into the plastic cup
4. For capsules – Hold the capsule over the plastic cup and gently pull the two halves apart so that the capsule contents fall into the plastic cup
5. Mix the crushed tablet or capsule contents with a small amount of water, as instructed on the label, making sure that they are well mixed
6. Draw up the mixture in an oral syringe and give to your child according to the instructions on the label
7. Give your child a drink to wash down the medicine

Instead of mixing with water, you can also mix the crushed tablet or capsule contents with a teaspoon of yoghurt.

### Giving a proportion of a tablet that can be dispersed

1. Measure a specific volume of water, for example, 10ml or as instructed on the label
2. Disperse the tablet(s) in the water
3. Draw up the required proportion using an oral syringe following the instructions on the label
4. Give the required dose to your child and discard any remaining solution

**Important: Use a new tablet or capsule each time, unless otherwise directed.**

### Looking after the tablets or capsules

- Always check the expiry date of the medicine before giving it to your child
- Store the tablets or capsules out of direct sunlight.
- Read the instructions and only use the tablets or capsules as instructed.
- Keep all medicines out of the reach of children

**If you have any questions about your child's tablets or capsules, please ask your family doctor (GP) or local community pharmacist.**