

How to give your child tablets or capsules: information for families

This information sheet from Great Ormond Street Hospital describes how to give your child tablets or capsules. There is also a short video podcast on our website at 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

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 put one on their tongue towards the back of their mouth.
4. Give your child a drink from a 'grown up' cup without a spout or nozzle.
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.
 - For tablets – put the tablet in the tablet crusher and empty the

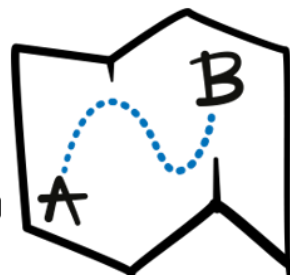
crushed tablet back into the plastic cup.

- For capsules – hold the capsule over the plastic cup and gently pull the two halves apart so the contents fall into the plastic cup.
3. Mix the crushed tablet or capsule contents with a small amount of water as instructed on the label, making sure they are well mixed.
 4. Draw up the mixture in an oral syringe and give to your child as instructed on the label.
 5. Give your child a drink to wash down the medicine.

Note: 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 – do not stir or shake the mixture.






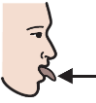





3. Draw up the required proportion using an oral syringe following the instructions on the label.
4. Give the required dose to your child and throw away any remaining solution.

Note: Use a new tablet or capsule each time unless otherwise directed.

Storing the tablets or capsules safely

- Keep all medicines out of the reach and sight of children.
- Keep the tablets or capsules in their original packaging in a cool, dark place according to the instructions on the label.
- Read the instructions on the label and only use the tablets or capsules.
- Always check the expiry date of the medicine before you give it to your child.

How to take tablets or capsules

	Wash your hands
	Check the label on the box so you know how many tablets or capsules you need to take
	Take the tablets or capsules out of the packaging
	Put the tablet or capsule on the back of your tongue
	Have a drink and swallow the tablet or capsule with the drink
	Look down as you swallow
	If your dose is more than one tablet or capsule, do the same thing again
	Store the box in a safe place away from children
	If you have any questions, ask your pharmacist

