

Giving Medicine Safely

Steps

1. Check: is this the medicine / drug for the child?

- Is the child's name on the prescription?
- Are the child's symptoms and age appropriate for using the over-the-counter medicine?
- If the child is taking other medicines, is it appropriate to give the child this medicine as well? For example, if a child has been given a medicine containing acetaminophen, they should not be given another medicine that contains acetaminophen without advice from a healthcare professional.

2. Read all the instructions about giving the medicine. Does it need to be:

- shaken before using?
- taken with food?
- taken on an empty stomach?
- taken at a certain time of the day? Multiple times during the day?
- taken at a different time than other medicines?
- taken by mouth? Put on the skin? Inhaled into the lungs? Sprayed into the nose?
- kept in the refrigerator, kept out of direct sunlight, etc.?

3. Confirm the correct dose.

- Found on either the prescription label, the medicine container, or the Drug Facts Table. The Drug Facts Table is on the outer label of over-the-counter medicines.

4. Measure out the dose using a syringe or dosing cup (or measuring device supplied with the medicine).

- **Kitchen spoons or baking spoons DO NOT provide a correct amount of medicine.**

5. Ensure the child takes all the medicine.

- If your child doesn't take all the medicine, contact your pharmacist or healthcare provider to determine next steps.

Did you know?

In Alberta, other healthcare providers like pharmacists, dentists, nurse practitioners, dental hygienists and midwives can prescribe medicines.

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Steps (continued)

6. Write down the date and time the medicine was given.

- This way you will know when to give your child the next dose. If there are other caregivers they will also know when the next dose is needed.
- You can use the chart on this information sheet or download a chart here to track when medicine is given.

7. If this is a medicine your child has not had before, read about possible side effects.

This information should be provided by the pharmacist with a prescription medicine or on the Drug Facts Table for over-the-counter medicine. If you see signs of these side effects, contact your healthcare provider immediately.

8. If you have questions or concerns about a medicine, talk to a pharmacist or your healthcare provider. If you think a child has been given too much medicine or the wrong medicine, call the poison centre at 1-844-POISON-X (1-844-764-7669).

Medication tracking chart for:				
Date	Time	Medicine Name	Amount Given	Notes