

Instructions for Giving Nose Drops to Children

It is important to give nose drops correctly to get the best effects.

1. Have your child blow his/her nose gently, if possible. Wipe the nose of younger children gently but thoroughly. Do NOT use cotton-tipped swabs or other devices to clean inside nostrils.
2. Draw the correct amount of medicine into the dropper supplied, OR remove the cap from the dropper bottle.
3. Lay your child flat. Gently tilt his/her head back. If your child is small, place him/her on your lap and tilt his/her head back.
4. Hold the tip of the dropper close to the nostril but not touching it. Place the correct number of drops into the nostril(s) on drop at a time. Wait a few minutes between drops. This will allow the medicine to be absorbed. Otherwise, the drops will flow to the back of the throat and be swallowed.
5. Keep the child's head tilted back for 2-3 minutes. This allows the medicine to spread back into the nose.
6. Return the dropper to the bottle or replace the cap on dropper bottle.
7. Wash your hands after handling the medicine.
8. Store medicine out of the reach of children.

At Children's & Women's Health Centre of British Columbia we believe parents are partners on the health care team. We want you to be as informed as possible. This brochure will answer some of your questions. Please ask about things you do not understand and share your concerns.

If you have any questions, please call your pharmacist or doctor.

*Developed by the health care professionals
of the Pharmacy Department with
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Giving Medicines to Children



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Before you give your child any medicine:

This is general information about medicines. Ask your doctor, pharmacist, or nurse for details of the medicine(s) your child takes.

Tell the doctor, pharmacist, or nurse if your child:

- ▶ has ever had an allergic or “bad” reaction to any medicine
- ▶ has conditions other than the one being treated
- ▶ takes any other medicines, even non-prescription tonics.

Giving medicine properly:

- ▶ Give medicine exactly as the doctor suggests. Ask the doctor before you make any change to the dose or schedule. For non-prescription medicine, follow the instructions on the label unless the doctor, nurse, or pharmacist asks you to do something different.
- ▶ Keep a list of the medicines your child takes. Leave this and clear directions for other caregivers (e.g. babysitter).
- ▶ Call your pharmacist at least 2 days before you need a refill prescription. This allows time for the pharmacist to check with the doctor.
- ▶ Always measure liquid carefully. A syringe is more accurate than a spoon.

Side effects:

Most medicines have some unwanted effects as well as their helpful effects. The doctor, nurse, or pharmacist can tell you the common side effects of your child’s medicine. Contact the doctor if your child has any unusual reactions or if the side effects do not go away.

Cautions:

- ▶ Keep all medicine out of the reach of children. An ideal place is a locked cabinet.
- ▶ Keep all medicines tightly capped in the original container. Do NOT mix different medicines in one container.
- ▶ Keep medicine away from direct heat, sunlight, high moisture (such as the bathroom or above the kitchen sink).
- ▶ Keep medicine in the refrigerator ONLY when told to do so.
- ▶ Check the expiry dates. Dispose of expired medicine, or medicine which is no longer needed, by bringing it to your local pharmacy. The pharmacist will dispose of it in a safe and environmentally friendly manner
- ▶ Do not use your child’s medicine to treat others. Their symptoms may look the same but only a doctor can decide the proper treatment of their condition.
- ▶ If your child has any other medical, dental, or emergency treatment -- be sure to tell all doctors, health care professionals, and dentists about all medicines your child takes.
- ▶ Keep the phone number of the Poison Control Centre by the telephone in case of accidental overdose.

Tips to help your child take medicine:

1. Treat taking medicine as part of the normal daily routine. Be calm, firm, and “matter of fact” about it. Your child should feel that this is not anything you will negotiate.
2. Do not force the medicine into your child. You will make it a battleground. Offer a choice so s/he feels some control over the situation, e.g. being able to “choose” the kind of juice they want after the medicine.
3. You can crush or cut some tablets in halves (check with your pharmacist) and hide in ice cream, applesauce, jam, or other soft food. Some tablets fit inside a blueberry or strawberry. Use a small amount of food to make sure all of the medicine is taken.
4. Offer your child ice chips or a popsicle just before the medicine. The ice numbs the mouth and taste buds. This will hide the taste of the medicine.
5. Some children will take the tip of an oral syringe into their mouth. You can then slowly lower the plunger to allow your child to swallow.