

Medicines for Your Child

Fever and pain syrups — a guide for parents

Child's weight: kg

Syp Paracetamol (..... mg/5 mL): give mL every 6 hours

Syp Ibugesic Plus: give mL — three times a day only

TWO RULES THAT PREVENT ALMOST ALL ACCIDENTAL OVERDOSES

1. Never give two medicines that both contain paracetamol. Many cold, cough and fever syrups already contain it. Read the label of anything you buy, or ask the chemist. Paracetamol overdose damages the liver and there may be no warning symptoms at first.

2. Ibugesic Plus is given THREE times a day, not four. It contains both ibuprofen and paracetamol. Giving it four times a day pushes the paracetamol to the maximum safe limit with no margin left.

MEASURE PROPERLY

Use the measuring cup or the oral syringe that comes with the bottle. **A kitchen teaspoon is not 5 mL** — it varies from 3 to 7 mL, which is a large error for a small child.

Shake the bottle well before every dose.

Giving the medicine

- Give it **after food**, and make sure your child keeps drinking fluids.
- **If your child is vomiting or not drinking, give only paracetamol** — not ibuprofen. Ibuprofen can affect the kidneys in a dehydrated child.
- Doses are based on **weight, not age**. Bring your child's current weight to every visit.
- **Never give aspirin** to a child under 16 for fever or pain.
- Keep all medicines locked away and out of sight.

TAKE YOUR CHILD TO A DOCTOR STRAIGHT AWAY IF

They are drowsy and difficult to wake · refusing all fluids, or passing much less urine · breathing fast or with difficulty · a rash that does not fade when pressed with a glass · a fit · fever lasting more than 3 days · a cold, mottled or very pale skin

You know your child. If you feel something is seriously wrong, seek help — do not wait.

