

HELPING KIDS TAKE MEDICINE: TIPS OF THE TRADE

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Ask Your Pharmacist:

- If a liquid formulation is available or can be compounded.
- If chewable tablets are available.
- If the tablet can be crushed, chewed, or sprinkled on/in food.
- If other flavors are available.

Liquid Medications:

- Use a dosing syringe and aim towards the back of the mouth. But don't squirt medicine and cause the child to gag or choke!
- Numb taste buds with an ice cube or popsicle before giving the medicine.
- Mix the med with a strong flavor such as chocolate syrup, maple syrup, cherry syrup, or flavored syrups used for coffee (these come in many flavors!).
- Coat the tongue with something thick such as peanut butter, before giving the med.
- Have a glass of a flavored drink available before and after the medication to "chase" away the taste.
- Let your child choose the flavor of juice or food item as well as how they prefer to take the medicine (oral syringe, med-cup, spoon). This gives them more control over their choices.

Tablets to be Crushed/Powered Medications:

- Purchase a pill-crusher at your pharmacy or drug store
- Mix crushed meds with foods that don't need to be chewed: applesauce, yogurt, jello, ice cream.
- Have your child practice swallowing the food without chewing before giving the medication.
- Crush pill and mix with frozen juice concentrate. The cold and strong flavor will mask the bitter medicine taste. Raspberry juice has a strong flavor and can work well!
- Crush pill and mix with chocolate syrup. Add a little water to make the solution go down easier.
- Make a "pill sandwich" with two layers of ice cream and the pill in the middle. Swallow without chewing.

Swallowing Pills:






- Learn to swallow pills by practicing with small candies. See chart below.
- Take a drink of water or juice before taking the pill so it won't stick to the tongue or mouth.
- Place the pill in the middle of the throat as and take a drink from a plastic soda bottle, keeping lips tight around bottle.
- Insert the pill into a small cube of jello or small piece of canned fruit. Let it slide down the throat.
- Coat the tabled or capsule with Magic Shell (chocolate shell used on ice cream sundaes). This will mask the taste and make swallowing easier.
 - Pills need to be frozen for about ½ hour before applying chocolate. Check with your pharmacist to see if the med can be frozen.

PILL SWALLOWING CHART

My name is:

My big reward is:

Attempt 1 Attempt 2 Attempt 3

 Sprinkles			
 Nerds			
 Mini M&Ms			
 Tic Tacs			
 Mike and Ikes			