

## How To Give:

### **Capsule:**

Swallow the capsule whole.

*or*

Open the capsule and mix the powder with a small amount (1 to 2 teaspoons) of food such as apple sauce or mashed potatoes. Give immediately.

*or*

Open capsule and pour the powder into a small cup. Add 5 to 10 ml (1 to 2 teaspoons) of cool tap water. Stir and give immediately.

### **Note:**

Check that the capsule is completely empty before throwing it out.

## Prescription & Nonprescription Drugs or Natural Health Products:

•Many medicines and natural health products should not be taken with prescription medicines. Before any of these products are taken, let your pharmacist, doctor or nurse know. Remember to store medication far away from child's reach in a locked cupboard or container.

•Acetaminophen (Atasol®, Tempra®, Tylenol®) may be given safely with most prescription medicines.

# CHEO

French and English version of CHEO Drug Information Sheets are available.

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## Helping Medicine Taste Better



### *CHEO Pharmacy Information Sheet*

THE CHILDREN'S  
HOSPITAL  
OF EASTERN ONTARIO

# CHEO

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Some medicines can be given with food to improve their taste.

- Use popsicles or a small amount of concentrated frozen juice to help **dull** the taste buds **before** giving medicine.
- Give medicine with **high fat foods** such as ice cream or high fat yogurt and cheese desserts such as Minigo®.
- Coat** the mouth with strong-flavoured food such as grape jelly, chocolate syrup, maple syrup or peanut butter on toast before giving medicine.
- Mix** medicine with chocolate milk, ice cream, pudding, maple syrup, fruit-flavoured drinks such as Tang® and Kool-Aid®, or commercial supplements such as PediaSure®.
- Follow medicine with a **strong-flavoured food** such as cheese, chocolate syrup, or fruit-flavoured drinks such as grape drink, Tang® and Kool-Aid.

Use foods that have a strong flavour before and after giving a bad tasting medicine.

- Empty oral syringes slowly and directing the liquid towards the side of the mouth and away from the taste buds. Older children may prefer using a medicine cup with a drinking straw.
- Adolescents may prefer **chewing** a strong-flavoured sugar-free chewing gum after medicine.



**Caution:** Be aware that a young child may refuse an important food (like milk or formula) after it was mixed with strong tasting medicine. Stop mixing the medication with food or drink if you notice your child taking a disinterest.

How To Give:

**Liquid:**

- ❑ Measure the dose with an oral medicine syringe.

**Tablet:**

- ❑ Some tablets may be chewed, split in half, or swallowed whole.

*or*

- ❑ Some tablets may be crushed and mixed with a small amount (1 to 2 teaspoons) of mashed potatoes, pudding, or any other food. Mix and give immediately. Check with your pharmacist to see if your child's tablet medication can be crushed and/or mixed.

*or*

- ❑ Some tablets can be crushed, and placed in a small cup. Mix the crushed tablet with a small amount (1 to 2 teaspoons) of cool tap water or chocolate milk. Stir and give immediately.