

Your Child's Medication Schedule

You can use this timetable to help you keep track of what you've given your child. Simply fill in what time you've given each medicine in the boxes for each day after discharge

Medications	Day 1		Day 2		Day 3	
	Time	of	of	of	dose	dose
Paracetamol						
Ibuprofen						
Other:						

We hope this information leaflet has been helpful to you and your child.

However, if you have any further questions or concerns, contact one of the following:

Puffin Ward: (021) 4922 212/ (021) 492 2206

Ladybird Ward: (021) 492 2389/ (021) 492 2209

Seahorse Ward: (021) 492 2187

Paediatric Assessment Unit : (021) 492 2187

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Pain Management for Children on Discharge home

Information Leaflet for Parents/Guardians and Children on discharge home from hospital



Children's Services

Pain management after discharge home from hospital

After an illness or operation, your child may experience pain. This leaflet is designed to help you understand the common medications used at home and how to safely administer them.

On the back of this leaflet, there is a schedule for you to fill out to help you keep track of what medications you've given your child and when.

This should be used to help guide you at home so you can safely give medicines.

Always refer to the guidelines on the medication box or leaflet unless your doctor has instructed you.



Paracetamol

Paracetamol should be used as your first option for reducing pain. It is commonly used to treat mild to moderate pain and high temperatures.

- Brand names: Calpol, Parapaed, Panadol, Tipol, Paralink
- Also contained in: Lemsip.
- Forms: Syrup, Tablet, Suppository. If unsure which is the best option for your child, ask your pharmacist.
- **Your child last received Paracetamol at:**
- **It can be given again at :**
- **They have received ___ doses today.**

Paracetamol can be given every 4-6 hours.

Do not give more than 4 doses in 24 hours.

Ibuprofen

If Paracetamol is not sufficient and your child is still in pain, you can also give them Ibuprofen which is used to treat mild to moderate pain. Ibuprofen is also commonly used to treat high temperatures, but is not recommended to be used at the same time as Paracetamol unless advised by a medical professional. If your child suffers from asthma, liver conditions or kidney conditions, seek medical advice from a medical professional before giving Ibuprofen. We recommend you use Ibuprofen for a short time only (2-3 days, unless indicated by your doctor) and give Ibuprofen with food, as it can be harsh on tummies!

- Brand names: Nurofen, Brufen, Brupro, Advil, Calprofen
- Forms: Syrup, Tablet, Suppository.
- **Your child received Ibuprofen at:**
- **It can be give again at:**
- **They have received ___ doses today**

Ibuprofen can be given every 6-8 hours.

Do not give more than 3 doses in 24 hours.

