



Practice Medication Safety

Your Child and Medication

When you take your child to see the doctor, be sure you take with you a list of the child's current medical problems. Don't rely on your memory during a stressful time like when your child is sick. The list should also include prescription medications your child is taking, as well as over-the-counter medications or vitamin and herbal supplements, and any allergic reactions your child has suffered.

If a medication is prescribed for your child, there are certain questions you should ask. Again, be sure to take notes, as it is easy to forget exactly what the doctor says.

- What is the name of the medication and how will it help my child? Is the medicine available in a generic version?
- What is the proper dosage for my child?
- What if my child has a problem taking a pill or capsule? Is it available in a chewable tablet or liquid form?
- How many times a day must the medicine be given? Should it be taken with meals, or on an empty stomach? Should the school give the medication during the day?
- How long must my child take this medication?
- Should my child avoid certain foods, other medications or activities while on this medication?
- What if my child misses a dose? Spits it up?
- Are there possible side effects?

You may think of other questions. Don't be afraid to ask. When you have the prescription filled, be sure the pharmacist gives you a flyer describing the medication, how it should be taken, and any possible side effects it may have. The label on the medication

will have lots of information. **Read the label before giving the medication to your child.** The label will give the name of the pharmacy, its telephone number, the name of the medication, the dosage, and when it should be taken.

Help Your Child Take Medication Safely

- Read the label completely before opening the bottle.
- Make sure you are giving the proper dosage. A common household teaspoon, for instance, often isn't an accurate measure. Some medicines come with a measure. If not, ask your pharmacist which measure is most suitable to use.
- Never give medicine to a sleeping child. Make sure the child is fully awake to avoid choking.
- Never decide to increase or decrease the dosage or stop the medication without consulting the doctor.
- Don't give medicine meant for one child to another, even if it appears they have the same problem.
- Keep a note pad and mark each time the child takes the medication. It is easy to forget.
- Always use child-resistant caps and store all medications in a safe place.

Resources Are Available

Additional information, self-help tools and other resources are available online at www.MagellanHealth.com. Or call us for more information, help and support at **800-424-5988**. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.