

英文

Drug safety for children

Oral dosages suitable for small children

Include Troches, capsules, powders, liquids, elixirs, syrups, solutions, and suspensions.

Health Education on Medicine use for children

1. Children are not small sized adults:

- (1) The stomach absorption: Gastric peristalses are slower in newborns and young children.
- (2) Liver metabolism: neonatal liver function only of at 20 to 40% of adults.
- (3) The kidneys excluded: neonatal renal is only about 30% of adults, will reach adult level after 1-year-old.
- (4) Skin absorption: high permeability of the skin of infants and young children, better absorption of topical medicines.

2. Is it more convenient for children grinded packed medicine?

- (1) Using grinded adult medicine may lead to easier contamination, less medicine stability, with shorter preservation period.
- (2) Mixing many types of medicine through grinding may lead to changes in medicine substance or create interaction, and inaccurate dosage in the packs.
- (3) Children that are older can practice swallowing or with small amount of food together.

3. Children's medication guides:

- (1) Not all medicine are suitable for grinding: may lead to easier contamination, less medicine stability, with shorter preservation period, with interactive effects.
- (2) Can ask doctors to prescribe specialty medicine designed for children, such as: Liquid preparations, syrups, solution agent, suspending agents.
- (3) Grinded packs should be taken all at once, to ensure

中文對照說明

小兒用藥安全

適合小兒口服的劑型

包括：錠劑、膠囊、粉劑、液劑、醃劑、糖漿劑、溶液劑、懸浮劑。

兒童用藥衛教

1. 兒童不是縮小型的大人

- (1) 胃部吸收：胃腸蠕動在新生兒及幼兒較慢。
- (2) 肝臟代謝：新生兒肝臟功能只有大人的 20-40%。
- (3) 腎臟排除：新生兒的腎功能約只有大人的 30%，1 歲左右才達到成年人水準。
- (4) 皮膚吸收：嬰幼兒皮膚通透性高，對於外用藥品的吸收較好。

2. 磨粉分包的藥 兒童使用比較方便？

- (1) 用大人的藥品磨粉易受污染，藥品安定性差，期限較短。
- (2) 多種藥品混合研磨容易變質或產生交互作用，分包劑量不精確。
- (3) 稍大年紀的兒童可練習吞服或與少量食物併服。

3. 兒童用藥須知

- (1) 並非全部藥品都適合磨粉：藥品磨粉較易受污染，安定性變差，保存期限較短，並可能產生交互作用。
- (2) 可請醫師開立兒童專用藥品，如：液劑、糖漿劑、溶液劑、懸浮劑。

quality of medicine.

4. Advice for using syrup or suspended liquids:

- (1) Unopened and sealed syrup or suspended liquids can be kept at room temperature.
- (2) Dry powder suspended liquid should be used during the first time by following instructions to add cold water and mixed evenly. Before taking medicine each time, they should be mixed and stirred evenly. Make sure the correct dosage amount is taken each time.
- (3) Medicine that are unsealed and opened should be stored at room temperature or refrigerated according to instructions. Note the date of expiration.

5. Giving medicine to babies:

- (1) Use graduated pipette or oral syringe.
- (2) Hold on your lap and support the head of the baby.
- (3) Give only small amount of medicine each time to prevent choking.
- (4) Drip the medicine at the back side or edges of the oral cavity.
- (5) Pacify the baby while giving medicine.

6. Giving medicine to infants:

- (1) Let the infant choose the position of taking the medicine, and let the infant be familiar with the measuring tool.
- (2) If necessary, use small amount of food or beverage to hide the flavor and odor. After taking the medicine, drink water or beverages to eliminate the flavor and odor.
- (3) Give simple instructions or encourage for their cooperation.
- (4) If there is need of taking many types of medicine, let the infant choose the order of taking medicine.

7. Vomiting medicine by children:

If the children spit out the medicine after taking it, they must take it again. Usually choose those that are easiest to absorb such as: Syrup, liquid, or grinded. If it is already 10-15

(3) 磨粉分包之藥品應於當次吃完，以確保藥品品質。

4. 糖漿或懸浮液的使用方式小叮嚀

- (1) 未開封使用的糖漿或懸浮液室溫保存即可。
- (2) 乾粉懸浮液第一次使用前應依照指示加入冷開水混合均勻，每次給藥前需再次搖勻。給藥時應確保劑量正確。
- (3) 開封使用之藥品應依照指示冷藏或室溫保存，注意個別之有效期限。

5. 嬰兒給藥方式

- (1) 使用有刻度的吸管或口服注射器。
- (2) 抱在膝上，支撐頭部。
- (3) 一次只給少量藥品以防噎到。
- (4) 藥品滴在口腔的後方或邊緣。
- (5) 給藥時要同時安撫嬰兒。

6. 幼兒給藥方式

- (1) 由幼兒選擇服藥的姿勢，讓幼兒熟悉量具。
- (2) 必要時，用少量食物或飲料掩蓋味道，服藥後喝水或飲料去除味道。
- (3) 使用兒語給予簡單的指示或鼓勵，讓他們合作。
- (4) 如需服用多種藥品，由幼兒選擇服藥順序。

7. 兒童吐藥

若吃藥後馬上吐掉，則要補服藥品。通常越容易被吸收的，

如：糖漿劑、液劑或已磨粉的，超過 10-15 分，則不必補服。錠

minutes after taking the medicine, then there is no need to take again. The disintegration times for tablets are different and have different handling. If after vomiting, the pill is still intact, then it must be retaken. Otherwise, there is no need to retake medicine.

劑因藥品崩散時間不一而有不同處理，若吐出來的藥仍完整，則需補服；否則，不需補服。

