

Helping Medication Taste Better!

Taking a Liquid Medication



Ask your **pharmacist** or **healthcare worker!**

Can natural **health products** and **non-prescription drugs** be taken with my medication?

What's your **medication**?

(Write the name above!)



liquid

START



Hey!

A B C D

Circle your favourite choice as you go along!



Ask your **pharmacist** or **healthcare worker!**

Should I store my medication in the fridge?



How do I take my medication?

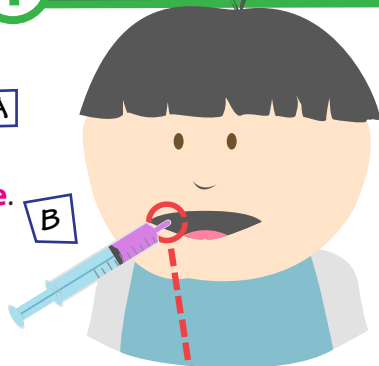
1

For **liquid** medication,

use a cup and straw **A**

OR use an **oral syringe**.

B



Give to the **side** of the mouth!

C OR you may also **mix** in small amount of fruit juice.



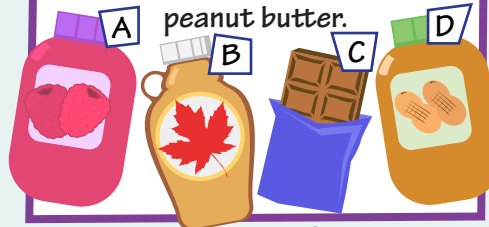
How can I make medication more **yummy**?



2

Before and after:

Try raspberry jam, maple syrup chocolate or, if not allergic, peanut butter.

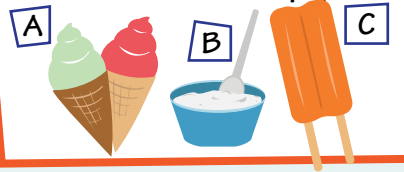


How can I trick my taste buds so that my medication tastes **better**?

3

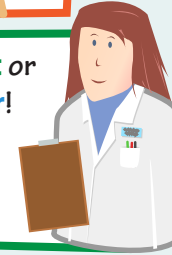
Before and after:

Try cold treats like ice cream, high fat yogurt, or a popsicle.



Ask your **pharmacist** or **healthcare worker!**

Are there certain foods or drinks I should avoid?

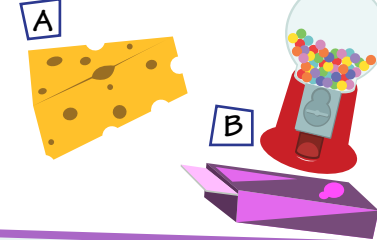


What can I have **after** taking my medication?



4

Try eating strong-flavoured food such as cheese or try chewing gum!



5

Store safely!



But don't take your medication without your **parents' permission!**



Lock up!

*As a parent, you should keep medication out of reach from children.

FINISH

