

Now it is time to go home, we hope this leaflet will answer some of your questions about how your child can be made comfortable when you are at home.

How can I tell if my child is in pain?

Children who are old enough will be able to tell you that they are in pain. It is more difficult to tell with much younger children, but their behaviour can be an indication. For example, are they:

- Complaining more than usual?
- Crying more easily than usual?
- Playing less than usual?
- Quieter than usual?
- Refusing to eat?
- Holding or protecting the sore part of their body?

What pain relieving medicines could I give to my child?

Below is a list of the medicines which are most frequently prescribed when a child goes home. Your child may have up to three medicines so please follow the instructions carefully.

Paracetamol

(Commonly known as Disprol, Calpol, Medinol, Parapaed)

Paracetamol is a pain relieving medicine that can be taken by mouth as a sugar free liquid or as tablets. Paracetamol is used to block pain and can also be used to reduce temperature. Side effects from Paracetamol are rare.

Please remember that other medicines bought from your chemist may contain Paracetamol.

Always check labels carefully if you are giving your child medicine purchased from a chemist at the same time as the one prescribed by the hospital.

Paracetamol may be given every four to six hours but **NO more than four doses in any 24 hour period.**

Ibuprofen

(Commonly known as Calprofen, Brufen, Nurofen, Fenpaed).

This is a strong pain relieving medicine given as a sugar free medicine or as a tablet. This

medicine is best given with or after food to prevent stomach upsets.

Very occasionally this medicine can cause children with asthma to become wheezy. If this happens stop taking the medicine and please telephone the ward (contact number overleaf) or your GP for advice.

Ibuprofen may be given every six to eight hours but **NO more than four doses in 24 hours.**

Codeine

This is pain relieving medicine is given as a liquid containing sugar or tablets. Prolonged use of codeine over several days can cause constipation. Occasionally it may cause your child feel drowsy or be sick.

Codeine may be given every four to six hours but **NO more than four doses in 24 hours.**

(A note about **ASPIRIN**. We do not recommend the use of aspirin for any child taking pain relieving medicines)

Giving the pain relieving medicine

If your child has two different pain relieving medicines these can be given together to achieve good pain relief. For example,

- Paracetamol and Ibuprofen
- Or
- Paracetamol and Codeine

A dose of pain relieving medicine before your child goes to bed will ensure a comfortable nights sleep for you both. It is better to keep the pain away than wait for the pain to come and then try and get rid of it. Most pain relieving medicines take about one hour to work. Giving pain relieving medicines regularly will help prevent your child being in pain and help with their recovery.

It is however advisable to keep one dose of Paracetamol to give your child in case they wake up during the night. Your child may require pain medicine for a few days after leaving hospital. If you have any further questions please contact the medicines helpline (number overleaf), your local chemist or G.P.

What else can I do to help my child?

Just being with your child can help a lot because anxiety often makes pain worse. You know your child best of all so give your child their pain relieving medicine if you think they have some pain or discomfort.

ALWAYS follow the instructions on the bottle of medicine or tablets. **NEVER** give more than stated on the label. If you have any doubts do not hesitate to contact the ward, medicines helpline or your child’s G.P. If your child has any side effects from the pain relief please contact the hospital pharmacy medicines helpline or your child’s G.P.

You may also find it useful to keep your own record of what pain relief your child has been given whilst giving the medicines regularly. Use the table across to help you.

Medicines Helpline

If you require information about your child’s medicine you can call the Medicines Helpline between

9.00am and 5.00pm on Monday to Friday

Medicines Helpline:

01246 51

Date	Paracetamol	Ibuprofen
Discharge day	Last given	Last given

Date 2011

Nightingale Ward:

01246 512324 /01246 512328

Information for Parents

Pain Relief at Home



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