

Home-made Paracetamol Liquid

(suitable for infants on elimination diet)

Take one 500mg Panadol without coating (or equivalent paracetamol tablet).

Dissolve in 5ml cooled boiled water. It is very important to mix well.

Store: In sealed bottle, eg a Poisons bottle bought at chemist.

Label and refrigerate for up to one day.

Strength: 100mg paracetamol per ml (same as Children Panadol, 1mth-2 yrs)

Dosage: 15mg paracetamol per kg body weight.

Do not give them less than the suggested dose.

Do not give more than 4 doses in 24 hours.

Method: Shake bottle well as solution will settle, then draw liquid in and out of syringe several times to disperse evenly before use.

Draw up correct volume into a syringe and squirt directly into mouth aiming at the back of the mouth, or take on a teaspoon.

(Suggestions: place a small amount of sugar on the tongue before squirting medicine towards back of mouth. Hold cheeks firmly and gently stroke throat to encourage swallowing reflex. [Infant will eventually get used to it and spit less!])

Sweeten liquid, if desired, with golden syrup or pear jam, after drawing up correct dose.

Never add medicine to child's drinking bottle in case the bottle is not finished because you will not know how much has been ingested.

CHART: one dose of 15mg Panadol per kg body weight.

approx. age	Baby's wt	mls of home-made paracetamol liquid
<1 mth	3kg	0.5ml
1 mth	4kg	0.6ml
2 mth	5kg	0.75ml
3 mth	6kg	0.9ml
4.5 mths	7kg	1.0ml
6 mths	8kg	1.2ml
8 mths	9kg	1.4ml
12 mths	10kg	1.5ml
16 mths	11kg	1.7ml
21 mths	12kg	1.8ml
2 yrs	13kg	2.0ml
2.5 yrs	14kg	2.1ml
3 yrs	15kg	2.25ml
3.5 yrs	16kg	2.4ml
4 yrs	17kg	2.6ml
4.75 yrs	18kg	2.7ml
5.25 yrs	19kg	2.9ml
5.75 yrs	20kg	3.0ml