



## Kids and medicines

Here is some important information about safer use of analgesics that may help your family.



### Aspirin

Aspirin can be used to relieve minor pain, muscle and joint pain, and reduce fever and inflammation. Aspirin can cause stomach irritation, nausea and also bleeding of the intestinal tract, so take with or after food and not for longer than three days. Aspirin may make asthma worse. Aspirin should not be used while you are pregnant; taking medicines to reduce blood clotting; before dental work; or if you have stomach pains.

### Ibuprofen

Ibuprofen is used to reduce inflammation such as back pain and arthritis. Ibuprofen can cause stomach irritation, diarrhoea, heartburn and nausea.

### Paracetamol

Paracetamol is used to relieve minor pain, fever and nerve pain. Paracetamol is less harmful than aspirin if taken in a correct dose and is suitable for children.

- Aspirin (eg Disprin and Aspro Clear), Ibuprofen (eg Nurofen and Advil) and Paracetamol (eg Panadol, Tylonol and Dymodon) are the three most commonly used analgesics in Australia.

- Never use more than the recommended dose.
- Some analgesics are found in other medicines such as cough and cold medicines. It is easy to double the dose if you don't check the ingredient list before using these medicines with analgesics.
- **Never give Aspirin to a child who is under 12 years of age** unless prescribed by a doctor.
- When you visit your doctor, dentist or pharmacist let them know that you are taking analgesics. Tell your doctor if you are taking any herbal medicines if analgesics are prescribed.
- Analgesics break down quickly. If Aspirin begins to smell even faintly of vinegar, do not take it.

### At home activity

We are learning about pain relievers (or analgesics) and alternatives to pain relievers such as drinking water, massage, lying down or using a cold compress or a hot water bottle. Please talk to your child about times when you or other family members have been in physical pain. Tell your child how you/they relieved this pain. If analgesics were used, talk about alternatives to analgesics that might have relieved the pain.

Thank you for playing a vital role in your child's health and drug education.