

Please use this space for any notes you wish to make.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net. This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS

Pain relief (child)

Emergency Department

King's Mill Hospital

Mansfield Road
Sutton in Ashfield
Notts NG17 4JL
Telephone: 01623 622515, extension 2789

Newark Hospital

Boundary Road
Newark
Notts NG24 4DE
Telephone: 01636 681681

The most common pain medicines given to children at home are called paracetamol and ibuprofen. They can help to relieve discomfort in your child - for example from a tummy ache, bruised leg, or teething.

There are different brand names for these medicines such as 'Calpol' and 'Nurofen'. From these names it can be difficult to know which medicine you are buying. Don't worry, it will tell you on the packet whether there is paracetamol or ibuprofen in the medicine. Ask your pharmacist, doctor, or nurse if you are not sure.

The medicines can work well together, so it is possible to give both paracetamol and ibuprofen at the same time if the pain is bad.

It is very important to make sure that you do not give different brands which contain the same medicine at the same time - remember to check the packets.

Do not give medicine containing aspirin to children.

Doses of pain relief medicine

The amount (or dose) of medicine that you can give to your child depends on their age, it will tell you on the packet how much you can give them. If you are not sure, it is better to ask your pharmacist, nurse, or doctor.

If your child has an illness which makes them very underweight for their age, talk to your doctor about the best doses for your child.

Paracetamol can be given every four to six hours (maximum of four doses in 24 hours).

Ibuprofen can be given every eight hours (maximum three doses in 24 hours).

You can give paracetamol and ibuprofen at the same time. Or you can give them at different times, for example paracetamol, then ibuprofen, then paracetamol and so on. It does not matter if they are given together or apart as long as you do not go over the maximum dose of each medicine in 24 hours.

If the pain is bad, give pain relief regularly as this will help keep your child as comfortable as possible.