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| --- | --- | --- | --- |
| Name of child |  | Date of birth |  |
| Children’s Home  |  | Date  |  |

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| Medication | Indication | Child Dose | Maximum Daily Dose | Contra-indications, Special Precautions |
| Paracetamol tablets500 mg | Mild to moderate pain including period pain | **Over 12 years**1 to 2 tablets(500 - 1,000 mg) every 4 to 6 hours | 4 doses (2,000 - 4,000 mg) in 24 hours | Caution in kidney conditions; risk of liver damage if maximum dose is exceeded.Side effects are rare but possible rashes, blood disorders and acute pancreatitis. |
| Calpol 6 Plus(Paracetamol) | Mild to moderate pain | **Child over 6 years**1 or 2 tablets (250 - 500 mg) every 4 to 6 hoursTablets to be dissolved in the mouth or can be mixed in a little milk or water | 4 doses (1,000 - 2,000 mg)in 24 hours | As above  |
| Kwells | Motion sickness | **Child 4 - 10 years**75 - 150 micrograms taken 20 - 30 minutes before travelling or at the onset of sickness**Child over 10 years** 150 - 300 micrograms as above  | 3 doses in 24 hours | Possible side effects include drowsiness, dry mouth, dizziness, blurred vision, difficulty in micturition. |
| Bonjela Teething Gel | Mild oral lesions | **From 2 months - 16 years**Massage a small amount of Bonjela gel on to the sore areaThis can be repeated every 3 hours | No more than 6 applications in 24 hours | None applicable to children. |
| Simple linctus (paediatric) | Dry or painful cough | **6 - 12 years** 5 - 10 ml | 3 doses in 24 hours | Caution in asthma, renal impairment.Possible side effects include constipation. |
| Kalms – herbal remedy | Insomnia | **Over 12 years**2 tablets | 3 doses in 24 hours | Allergy to ingredients |
| Sudocrem | Pressure sores, rashes | None | None | None |
| Vaseline/Lypsyl | Sore and chapped lips | Use frequently | No limit | Allergy to ingredients. |
| E45 cream | Dry skin and minor irritations | As necessary | No limit | Allergy to ingredients. |
| StrepsilsLocketsSoothers | Minor sore throats and dry coughs | Dissolve 1 Strepsil lozenge slowly in the mouth every 2 to 3 hours |  |  |

The above medications are the only medications which may be administered without prescription. They may be administered for a maximum of 2 days with the exception of Lypsyl/Vaseline. If symptoms persist, a consultation with the child’s General Practitioner is required.

**Authorisation**

I authorise the Registered Manager or a delegated member of staff to administer the above medication to me/my child if required.

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| Name of child  |  | Signature  |  | Date  |  |
| Name of parent/carer  |  | Signature  |  | Date  |  |
| Name of Registered Manager  |  | Signature  |  | Date  |  |