

# Vomiting Medicines

## Definition

- Your child vomits (throws up) after taking a medicine.

## Health Information

### Symptoms

- Vomiting that occurs within 2 hours of taking a medicine.

### Causes

- Most often, it's because of the medicine's taste or smell.
- Some medicines may upset the stomach lining.
- Some children may also vomit from being made to take a medicine.

## Care Advice

### 1. Key Points

- Vomiting after taking medicines is common.
- There are ways to help your child take medicines without vomiting.
- Here is some home care advice that should help.

### 2. How to Give Liquid Medicine

- Have your child sit up to take medicine. Never try to give your child anything while lying down. Reason: they may choke.
- Use a medicine syringe, instead of a spoon or cup. You can get one at a pharmacy.
- Place the syringe past the teeth or gums. Some children will settle down if you let them hold the syringe. Have them place it in their own mouth. Then, all you have to do is push the plunger.
- Slowly drip or pour the medicine onto the back of the tongue. You can also aim for the inside of the cheek.
- Do not squirt anything into the back of the throat. Reason: it can go in the windpipe and cause choking.

### 3. Make the Medicine Taste Better

- Most liquid medicines have a good flavor that your child will accept.
- If your child complains about the taste, your job is to mask it.
- Medicines can safely be mixed with any flavor your child likes.
- Mix the dose of medicine with a strong-sweet flavor. Try syrups (chocolate, strawberry or maple).
- Tip: coating the taste buds with the sweetener first may also hide the taste.
- Don't mix the medicine with more than 1 teaspoon (5 ml) of sweetener. Reason: you want to be sure they get the full dose of the medicine.
- Have a glass of your child's favorite drink ready to rinse the mouth afterward.
- If this doesn't work, ask your pharmacist about adding flavor to medicine.

### 4. Give Medicine After a Snack

- Give your child a snack before giving the medicine. Reason: medicine may irritate an empty stomach and lead to vomiting.
- Check your medicine label first. Some medicines should not be taken with food.

## 5. When to Repeat the Dose

- If your child vomits within 60 minutes (1 hour), give the dose again.
- Do not repeat the dose if vomiting occurs after 60 minutes (1 hour).

## Call Your Doctor If

- Your child continues to vomit
- Your child refuses to take a needed medicine
- You think your child needs to be seen
- You have other questions or concerns

## Pediatric Care Advice

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