



Humber and North Yorkshire  
Health and Care Partnership



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Using solid oral dosage in children



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- Swallowing whole solid dose forms is preferred
- Where children are unable to swallow whole oral dosage forms, this leaflet provides advice on how to give doses by dispersing or crushing tablets or by opening capsules.
- Use in this way may be outside the product licence and is thus “off-label”.

## Tip

Crushing and putting in jam or something like that is often found to be the easiest way

## To disperse the tablet:



**Step 1:** Place the tablet in the barrel of a 10mL oral syringe



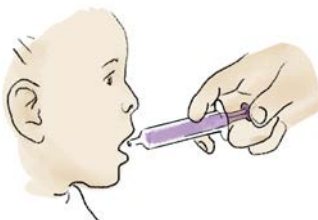
**Step 2:** Replace the plunger



**Step 3:** Draw up approximately 5mL of water and 2mL of air



**Step 4:** Shake well and allow to disperse (this may take up to 10 minutes)



**Step 5:** Ensure all contents of the syringe are given



Alternatively, the tablet may be mixed with 5 to 10mL of water in small glass or medicine cup and stirred well.

## Opening Capsules



The capsules can be opened and the contents tipped out and dissolved in liquid or mixed with soft food.



## Masking the taste

The dispersed or crushed tablet or capsule contents will taste bitter so it can be helpful to use a strongly flavoured drink (e.g. blackcurrant cordial) or food (e.g. jam, apple sauce, yoghurt) that the child likes:

- use a small amount of food or drink (e.g. a teaspoonful) so you can be sure the child eats it all and swallows the whole dose
- it might be helpful to use an oral syringe for liquids
- after mixing the crushed tablet or capsule contents with food or drink, give it straight away

