

Pain relief for Children

This leaflet is about how to give pain relief to your child.

Paracetamol for children (often called Calpol)

Paracetamol is a common painkiller for children with mild to moderate pain (for example headaches and stomach aches). It can also be used to treat a temperature over 38°C if your child is feeling distressed. Calpol is one brand of paracetamol, but others are available. Your child should start to feel better about 30 minutes after taking paracetamol.

Do not give paracetamol to babies younger than 2 months old, unless it has been prescribed by a doctor.

How often should I give paracetamol?

You should wait at least **4 to 6 hours** between doses of paracetamol. **Give no more than 4 doses of paracetamol in 24 hours.**

What if my child has too much paracetamol?

If you give your child 1 extra dose of paracetamol by mistake, wait at least 24 hours before giving them any more.

Get help from 111 now if:

Your child has had 2 extra doses of paracetamol or more.
Go to 111.nhs.uk (if your child is 5 or older) or call 111.

Ibuprofen for children (can be called Nurofen, Calprofen, Brufen)

Ibuprofen is a common painkiller for children with mild to moderate pain. It can also be used to treat a temperature over 38°C if your child is feeling distressed. Nurofen, Calprofen and Brufen are brand names for ibuprofen, but others are available. It is best to give ibuprofen with food, so it doesn't upset your child's tummy. Your child should start to feel better about 30 minutes after taking ibuprofen.

Do not give ibuprofen to your child if they have asthma or for chicken pox, unless advised by your doctor.

How often should I give ibuprofen?

You should wait at least **six hours** between doses of ibuprofen. **Give no more than 3 doses of ibuprofen in 24 hours.**

What if my child has too much ibuprofen?

If you give your child 1 extra dose of ibuprofen by mistake, wait at least 12 hours before giving them any more.

Get help from 111 now if:

Your child has had 2 extra doses of ibuprofen or more
Go to 111.nhs.uk (if your child is 5 or older) or call 111.

How much paracetamol or ibuprofen should I give?

You should follow the instructions on the bottle carefully to make sure you give the correct amount of medicine. There are different strengths of paracetamol and ibuprofen syrup available – make sure you are using the correct strength for your child's age. It can be useful to write down the time that you give each dose.

Can paracetamol and ibuprofen be given together?

Paracetamol and ibuprofen can be given together, but you can stagger them so that every few hours, if needed, the child can have some medication. For example, you can give paracetamol at 8am, ibuprofen at 11am and paracetamol again at 2pm (i.e. six hours after the first dose of paracetamol).

Do not give more than 4 doses of paracetamol in 24 hours. Do not give more than 3 doses of ibuprofen in 24 hours.

Medicine given to your child:

Last dose of **paracetamol** given at: _____ next dose due at: _____

Last dose of **ibuprofen** given at: _____ next dose due at: _____

For further



Paracetamol:

<https://www.nhs.uk/medicines/paracetamol-for-children/>



Ibuprofen:

<https://www.nhs.uk/medicines/ibuprofen-for-children/>

or the follow



HANDiapp:

Download the free HANDi app for advice and support when your child is unwell.



Please contact the

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Combe Park, Bath BA1 3NG
01225 428331 www.ruh.nhs.uk

Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format or would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone 01225 825656 / 826319