

## Calpol, Nurofen for Children, Paracetamol or Ibuprofen??

### How much Paracetamol can I give my child?

- All babies aged 6m and under who have a fever which is not due to a recent vaccination should be assessed by a Clinician
- Paracetamol is the same as Calpol.
- We advise that you use Paracetamol first for the treatment of fevers and aches in children despite the trend to use Ibuprofen first in the last few years.
- It is available in two strengths 120mg/5ml for younger children; and 240mg/5ml for over 5-6 year olds
- Please use the following doses **taking note of the different strengths:**

Age of Child	120mg/5ml Dose	240mg/5ml Dose
2-3 months	2.5ml usually once, but a second dose permitted 4-6 hours later	<b><u>DO NOT GIVE</u></b>
3-6 months	2.5ml - up to 4 times a day	
6-24 months	5ml - up to 4 times a day	
2-4 years	7.5ml - up to 4 times a day	
4-6 years	10ml up to 4 times a day	2.5ml up to 4 times a day
6-8 years	Give 240mg/5ml dose	5ml up to 4 times a day
8-10 years		7.5ml up to 4 times a day
10-12 years		10ml up to 4 times a day
12-16 years		10-15ml up to 4 times a day

### When should I use Ibuprofen?

- Ibuprofen is the same as Nurofen for Children, or Calprofen. Please note Calprofen does not contain Paracetamol and is completely different to Calpol.
- We normally advise Ibuprofen for fevers and pains which are not controlled with regular Paracetamol
- Ibuprofen can cause some wheezing and may upset the stomach as one of its side effects so caution is advised
- Please use the following doses for the 100mg/5ml strength:

Age of Child	Dose
0-3 months	<b><u>DO NOT GIVE</u></b>
3-6 months weighing more than 5kg	2.5ml three times a day (maximum of three doses in 24 hours, do not use for more than 24 hours)
6-12 months	2.5ml three to four times a day
1-3 years	5ml three times a day
4-7 years	7.5ml three times a day
7-10 years	10ml three times a day
10-12 years	15ml three times a day

### Can I use both Paracetamol and Ibuprofen together?

Yes – these medications are often used together for more severe fevers. As long as you follow the rules of only using paracetamol maximum FOUR TIMES A DAY and ibuprofen maximum THREE TIMES A DAY. Your doctor may advise that you use the doses together but some prefer it if they are used with a 1-2 hour gap between doses.

If in doubt please ask your Pharmacist for advice

### When should I be worried, when should I seek urgent help by calling 111?

Drowsy or irritable

Breathing problems: blue lips, fast breathing, skin in between ribs getting sucked in  
Cold hands with a warm body, strange colour skin, an unusual rash that doesn't disappear on light pressure

Confusion, slurred speech

Severe headaches or neck pain with stiffness

Not passing urine, dry mouth