

What if my child has too much?

Too much paracetamol can damage your child's liver

- If your child has had too much, call your doctor, nurse or the Poisons Centre 0800 POISON (0800 764 766) immediately
- Signs of overdose may include nausea, vomiting, diarrhoea, yellow skin or eyes, poor appetite, confusion or extreme sleepiness

Remember

Ask questions if you have any concerns

- Keep all medicines out of reach and out of sight of children
- Before each dose, check if it is still needed
- Know the right dose to give and check the label for the correct strength; do not rely on the colour or flavour to check the strength
- Wait at least **4** hours between doses, give no more than **4** times in **24** hours

- If someone else has been caring for your child, ask if they have given paracetamol, how much and when
- Check other medicines given, they may have paracetamol in them
- Always keep medicines in their original bottles, do not refill them from other containers

Contact numbers

- Healthline has free 24 hour health advice **0800 611 116**
- If your child has had too much, call your doctor, nurse or the Poisons Centre **0800 POISON** (0800 764 766) immediately

This is a guide only and not a replacement for advice and care of your doctor, pharmacist (chemist) or nurse



Giving paracetamol safely to babies and children

Giving too much can be dangerous

What is paracetamol?

It is a medicine to help reduce pain and make children with fever feel better

- It will not cause drowsiness or cause your child to sleep
- It can be used for children and babies over 3 months old
- Younger babies **must** see the doctor

Does my child need it?

Only give paracetamol if it is necessary

- Use it if your child needs pain relief
- Use it if your child feels very hot (temperature over 38.5°C) **and is miserable**
- It is not recommended to routinely give paracetamol before or after regular vaccinations unless recommend by your doctor or nurse

What is the correct dose?

The dose depends on your child's weight and the strength of paracetamol

- Weigh your child, then check the dosing table

Dosing table

Childs weight(kg)	120mg per 5mL	250mg per 5mL
5kg or less	Ask doctor	Ask doctor
6.5kg	4mL	2mL
8kg	5mL	2.5mL
10kg	6mL	3mL
15kg	9mL	4.5mL
20kg	12mL	6mL
30kg	18mL	9mL
40kg	25mL	12mL

Before every dose

Check your child to see if it is still needed

- Wait at least **4** hours between doses; give no more than **4** times in **24** hours
- Keep track of doses and check when it was last given before giving it again

Always measure doses exactly
Ask your pharmacist or nurse for an oral syringe

Record of doses

Name of Child				
Weight/kg				
Date	Time	Strength		Dose/ mL
		120mg/ 5mL	250mg/ 5mL	

Where should I keep paracetamol?

Keep it in a high place out of reach and out of sight of children

- The most common cause of poisoning is by children helping themselves
- It does not need to be chilled: do not keep it in the fridge
- It should have a child-resistant cap - ask your pharmacist