Taking My Meds

Healthy Multi-Vitamins

Cherry Cough Syrup

RX

Medicine and Accessories
Kids take medications for lots of different reasons.
They might take them because the medications make them feel or breathe better.
Some kids take medications to help them learn better.
Other kids take medications to help them sleep better.
Some medications are taken as pills.
Other medications are liquid.
You can take them with a spoon, a measuring cup or an oral syringe.

Take 1 teaspoon twice a day.
Some medications that help kids breathe are taken with an inhaler.
Sometimes a doctor or nurse has to give medication as a shot.

This will keep you from getting sick!
Some medications have to be taken with water or food.
Some medications have to be taken at the same time every day.

Directions:
Take 3 capsules every 8 hours.

6:00

2:00

10:00
All medications should be taken only as directed on the label.
Only take medication when your doctor says you need it.

Only take this medication when you can’t sleep!

The doctor writes your name here

DR. I. M. FINE

Prescription for Medication

Refills: 1 2 3 4
Take each full dose until the medication is gone.

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Take 3 tablets each day until gone.
Your medication is only for you! Don’t give it to someone else and don’t take any that isn’t yours.

Your name and birth date will be on the label!

The pharmacist writes your name and birthday here.
Medication isn’t food.
Don’t take it because you are hungry or want to taste it.

Have a snack instead!
Tell someone if you think a medication is making you feel sick or tired.

This medication makes me feel very sleepy!

Take 1 teaspoon before bedtime
Here are some things I can do to make taking my meds a little easier.

Just put them in the back of my mouth and take a big drink of water – don’t chew!

Take them with a spoonful of something tasty like applesauce or ice cream

Rinse my mouth with juice after swallowing the medication
Developed by the healthy folks at

The University of South Florida

Center for Autism and Related Disabilities

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http://card-usf.fmhi.usf.edu