

Swallowing whole solid dose forms is preferred

Children should be encouraged to swallow oral solid dose forms (tablets and capsules) where possible.

Phenoxymethylpenicillin (Penicillin V) tablets

Phenoxymethylpenicillin tablets are available in a 250mg strength.

Dispersing or crushing

They are film-coated but can be dispersed in water, or crushed and mixed with liquid or soft food. Crushing tablets **should not** be undertaken by anyone with a penicillin allergy.

Dispersing tablets

To disperse the tablet:

- place the tablet in the barrel of a 10mL oral syringe
- replace the plunger
- draw up approximately 5mL of water and 2mL of air
- shake well and allow to disperse (this may take up to 10 minutes)
- 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.

Masking the taste

The dispersed or crushed tablet 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 with food or drink, give it straight away

Phenoxymethylpenicillin would normally be given half an hour before food; however, the manufacturer acknowledges food does not appear to affect the extent of absorption.

Clarithromycin tablets

Clarithromycin immediate-release tablets are available as 250mg and 500mg strengths.

Dispersing or crushing

They are film-coated but can be crushed and mixed with liquid or soft food. Crushing tablets **should not** be undertaken by anyone with a macrolide allergy.

Dispersing tablets

To disperse the tablet:

- place the tablet in the barrel of a 10mL oral syringe
- replace the plunger
- draw up approximately 5mL of water and 2mL of air
- shake well and allow to disperse (this may take up to 10 minutes)
- 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.

Masking the taste

The crushed tablet 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 with food or drink, give it straight away

Erythromycin tablets

Erythromycin tablets are available as 250mg and 500mg strengths. Some are film coated and some are enteric coated.

Dispersing or crushing

The film-coated tablets can be crushed and mixed with liquid or soft food. Crushing tablets **should not** be undertaken by anyone with a macrolide allergy.

Dispersing tablets

To disperse the tablet:

- place the tablet in the barrel of a 10mL oral syringe
- replace the plunger
- draw up approximately 5mL of water and 2mL of air
- shake well and allow to disperse (this may take up to 10 minutes)
- 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.

Masking the taste

The crushed tablet 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 with food or drink, give it straight away

Note that some leaflets advise to give one hour before food, however this may not be necessary and is not practical in this situation.

Amoxicillin capsules

Amoxicillin capsules are available in 250mg and 500mg strengths.

Opening and dispersing

The capsules can be opened and the contents tipped out and mixed with liquid or soft food. However, this **should not** be undertaken by anyone with a penicillin allergy.

Masking the taste

The 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 powder with food or drink, give it straight away

Azithromycin capsules

Azithromycin capsules are available in a 250mg strength.

Opening and dispersing

They can be opened and the contents tipped out and mixed with liquid or soft food. However, this **should not** be performed by anyone with a macrolide allergy.

Masking the taste

The 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 powder with food or drink, give it straight away

Absorption of azithromycin capsules (but not tablets or oral suspension) can be decreased by food; however, it is not clear whether absorption of opened capsules is affected.

Azithromycin tablets

Azithromycin tablets are available as 250mg and 500mg strengths.

Dispersing or crushing

They are film-coated but can be crushed and mixed with liquid or soft food. Crushing tablets **should not** be undertaken by anyone with a macrolide allergy.

Dispersing tablets

To disperse the tablet:

- place the tablet in the barrel of a 10mL oral syringe
- replace the plunger
- draw up approximately 5mL of water and 2mL of air
- shake well and allow to disperse (this may take up to 10 minutes)
- 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.

Masking the taste

The crushed tablet 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 with food or drink, give it straight away

Cefalexin capsules

Cefalexin capsules are available as 250mg and 500mg strengths.

Opening and dispersing

They can be opened and the contents tipped out and mixed with liquid or soft food. However, this **should not** be performed by anyone with penicillin or cephalosporin allergy.

Masking the taste

The 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 powder with food or drink, give it straight away

Cefalexin tablets

Cefalexin tablets are available as 250mg and 500mg strengths.

Dispersing or crushing

They are film-coated but can be crushed and mixed with liquid or soft food. Crushing tablets **should not** be undertaken by anyone with a penicillin or cephalosporin allergy.

Dispersing tablets

To disperse the tablet:

- place the tablet in the barrel of a 10mL oral syringe
- replace the plunger
- draw up approximately 5mL of water and 2mL of air
- shake well and allow to disperse (this may take up to 10 minutes)
- 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.

Masking the taste

The crushed tablet 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 with food or drink, give it straight away