

How to Use Acetaminophen (Paracetamol) and Ibuprofen for Your Child

This leaflet will provide you with information about how to safely use Acetaminophen (Paracetamol) and Ibuprofen for your child.



What are Acetaminophen (Paracetamol) and Ibuprofen?

- **Acetaminophen (also known as Paracetamol or Panadol):**
Lowers fever and relieves pain for both children and adults.
- **Ibuprofen:** Reduces pain, inflammation, and swelling. Also helps lower fever.

When should I give my child Acetaminophen (Paracetamol) and /or Ibuprofen?

- **Acetaminophen:**
 - Give it every 4-6 hours, but no more than 4 times in a day.
 - Use it as the first choice for relieving pain.
- **Ibuprofen:**
 - Give it every 6-8 hours, but no more than 3 times a day.
 - Use it for injuries or conditions that cause swelling and pain.

For Fever: You can use both medicines to treat fever. However, if your child is allergic to one of them, only use the other.

Combining both: You can give your child both medicines at the same time, but this should only be done once or twice a day.

How safe are these medications?

General Safety:

- Both medicines are usually safe for children when used correctly.
- Always follow the dose instructions based on your child's age or weight, as advised on the packaging by the manufacturer.
- **Acetaminophen:**
 - Use with caution if your child has liver problems, make sure you consult a doctor before giving acetaminophen to your child.
 - Avoid if your child is allergic to acetaminophen.
- **Ibuprofen:**
 - Do not use for more than a few days at a time.
 - Using it too often may cause stomach or kidney problems.
 - Avoid it if your child has bleeding problems, kidney problems, or severe asthma.
 - In some cases, Ibuprofen can trigger an asthma attack. If your child has taken it before without any problems, it is usually safe.

When should I seek medical advice?

You should seek medical advice if your child:

- Develops a rash.
- Shows new symptoms.

Go to the Emergency Department if your child:

- Appears very sick.
- Has breathing difficulties.
- Experiences severe pain.
- Can not keep anything down, meaning that your child is continuously vomiting everything you give them (food, drink, even medicine).
- Pain or fever not going away despite giving the maximum allowed dose.

Sidra Medicine cares about your health. The information in this leaflet should not be used as a substitute for the medical care and the advice of your doctor. Ask your healthcare provider about this information if you have questions. You can find us on www.sidra.org