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TREATING TEMPERATURES and pain IN CHILDREN

If your child has a high temperature you might find the following suggestions helpful.

Age	Calpol = Paracetamol	Nurofen = Ibuprofen
Dosage frequency	4 doses per day = maximum	3 doses per day = maximum
Under 3 months	Doctors recommendation only	Doctors recommendation only
3 to 12 months	2.5 – 5 mls 4 times per day	2.5 mls 3 times daily
1-3 years		5 mls 3 times daily
1-6 years	5-10 mls 4 times a day	
4-6 years		7.5 mls 3 times daily
6-12 years (normal calpol)	10-20 mls 4 times a day	
6-12 years (calpol 6+)	5-10 mls 4 times a day	
7-9 years		10 mls 3 times daily
10–12 years		15 mls 3 times daily
12 years plus	2 Panadol 4 times a day	2 Nurofen tablets 3 times
Max No. Doses per day	4	3

4+3 = 7 doses of temperature (and pain) controlling medicine allowed in any 24 hour period **Do**

- 1) Feel free to use both types of medicines alternating as suggested below
- 2) Use the maximum recommended dose for the age range for your child when he/she is unwell. A smaller dose might end up being as useful as no dose.
- 3) Sponging down with a wet (using water that is neither cold nor hot but with the chill gone off it) face cloth to the large surface areas of chest, tummy, back, arms and legs can be very effective while you are waiting for the medicines to kick in (may take up to 40 minutes). Allow the water to evaporate (dry naturally) off your child. It is the evaporation that reduces the temperature.
- 4) Always keep a bottle of calpol **and** nurofen in the house if you have children.

Don't

- 1) Put him/her in a cold shower or cold bath. This causes the core body temperature to rise even further by shutting down the skins cooling system and locking in the heat internally.
- 2) Be reassured that a cool face cloth on the forehead is helping. It is not. Sponge down as described above.

Suggested Schedule for when your child is at his/her worse day or two of the illness

Calpol -----3hrs later(if needed)----- Nurofen-----3hrs later(if needed)----- Calpol -----
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needed) -----Nurofen -----3hrs later(if needed) -----Calpol.

You can see that 7 doses of medicines (4 of calpol and 3 of nurofen) have been used and an 18 hour period has been covered. Allowing for sleep time and the fact that each nurofen dose should remain effective for much more than 3 hours the above regime should get you through the worst days of most childhood illnesses