



I need to take some medicine

1



My doctor/nurse has told me that I need medicine to help me feel better.

2



Medicine can be given in different ways. My doctor will tell me what I need. My parent/carer can talk to the doctors about how I take medicine at home.

3



Some medicine can be given through a syringe into my mouth. I can do this myself or my parent/carer or nurse can help me. It's important I swallow all of the medicine.

4



Some medicine can be given as a tablet to swallow.

5



I can have water or apple juice to help me swallow tablets or liquid medicines.

6

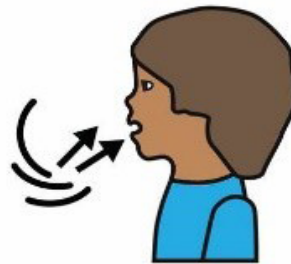


Some medicines can be sprayed in my nose. My parent/carer or a nurse can help me with the spray. I need to breathe normally and not sniff.

7



Take deep breath



Now that I'm done I can do something that settles me if I'm upset, or find an activity to do while I wait.