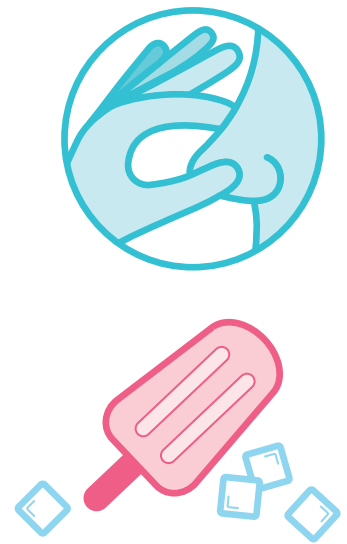


Making Medication Taste Better

Some medications (liquid, pill) may have an unpleasant taste, which makes children and teenagers less likely to want to take the medication. Children are especially sensitive to bitterness. Here are some tricks and tips to help your child with bad medication taste. **Please check in with your child's pharmacist to make sure these can work for his/her specific medication.**

Basic tips for both liquid medications and pills

- Have your child hold his/her nose.
- Give your child something to drink right after the medication is taken. Let your child choose the beverage (no grapefruit juice) before giving the medication. White grape juice works well for masking bitter taste.
- Give something cold beforehand to numb taste buds (popsicle, ice cube).
- Choose a complementary flavor. If medication tastes salty, choose something salty to accompany it (tomato juice, broth). If medication tastes sweet, choose something sweet (applesauce).



Specific tips for liquid medications

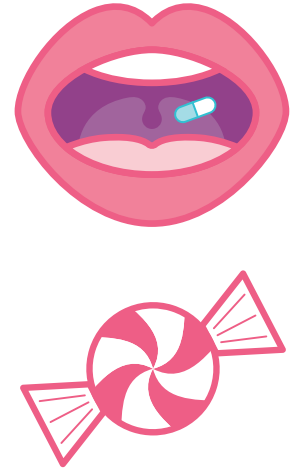
- Use a syringe to give the medication, squirt it in the back or side of the mouth to avoid the tongue.
- Add flavor additives, such as FlavoRx® (available at most pharmacies), to liquid medications. Let your child pick their own flavor (bubble gum, banana, etc).
- Mix the medication with a strong flavor (Kool-Aid® powder, chocolate or strawberry sauce). Please remember that if medication is mixed with food or a flavoring agent, you need to give it right away so that the medication still works properly.
- Give a spoonful of peanut butter or maple syrup to coat the tongue before giving the medication.



(continued)

Specific tips for pills

- Put the pill at the very back of your child’s mouth to avoid the tongue.
- Cover the pill with chocolate sauce, then give your child a peppermint candy.
- Crush the pill and mix with one of these:
 - ▶ soft foods that don’t require chewing (pudding, applesauce, yogurt, ice cream)
 - ▶ a little water with cherry syrup in it
 - ▶ a small amount of juice (not grapefruit) and follow it with a beverage of your child’s choice
 - ▶ frozen raspberry juice concentrate (the cold temperature and strong flavor mask bitter taste)



If these tips do not work, ask your provider if it is possible to:

- Switch brands of medication (some brands have different tastes).
- Adjust medication concentration (a lower/higher concentration of the dose may taste better).



Need more help?

If your child is still having problems with taste, contact: _____

at _____ for additional help.