Medication guide

The last fever medication given at the hospital:

Paracetamol/Ibuprofen/ Diclofenac Na

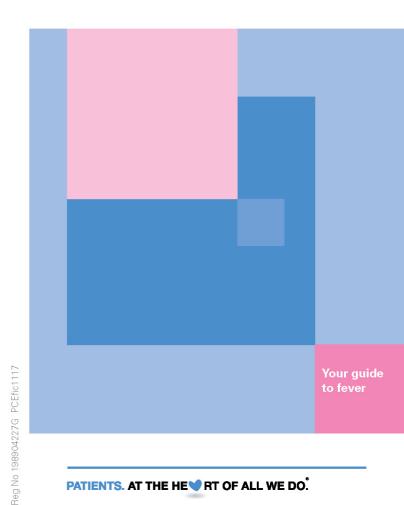
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You may use the guide below to record your child's

Date	Time	Temperature	Medication Given



Fever In Children



Useful telephone number



100 Bukit Timah Road Singapore 229899

Tel: 6-CALL KKH (6-2255 554)

Fax: 6293-7933

Website: www.kkh.com.sg ff www.facebook.com/kkh.sg PATIENTS. AT THE HEW RT OF ALL WE DO.

The human body has a thermostat which regulates our body temperature. The normal body temperature is between 36.5 °C and 37.5 °C. With infection or other illnesses, various chemicals are released in our body. This resets the thermostat, resulting in fever.

A few points to note about fever

- Fever is the body's way to fight infection. However, it is not just caused by infections alone.
- How high a fever is does not indicate the severity of the illness causing the fever.
- Overwrapping and a generally hot environment can cause the body temperature of a child to be slightly above normal.
- Fever caused by viral infections may persist for 5 to 7 days.
- A small percentage of children aged between 6 months and 6 years old may have seizures with high fever.
 However, high fever itself or febrile seizures usually do not lead to brain damage.

Medications

Paracetamol

First line of medication to be used 4 - 6 hourly.

- Give 4 hourly if temperature is above 38.5 °C.
- 6 hourly if temperature is less than 38.5 °C.
- Do not use in infants less than 3 months old

Ibuprofen

- Use when fever is persistently above 38.5 °C, 1 2 hours after paracetamol.
- · Give 6 hourly.
- Do not use in infants less than 6 months old. In infants 6 months to less than 1 year old, it can be given 8 hourly.

Diclofenac Na (Voltaren suppositories)

- Use when fever is persistently above 38.5 °C,
 1 2 hours after paracetamol.
- Give 12 hourly
- Do not use in infants less than 1 year old unless advised by your doctor.

Do not give your child:

- Both ibuprofen and diclofenac at the same time as they belong to the same class of medications.
- Either ibuprofen or diclofenac if your child has severe vomiting or a bleeding disorder. This is in view of possible bleeding from the stomach and intestines.
- Aspirin unless advised by the doctor.

Fever medications usually bring down the temperature by 1-2 °C. Do not be alarmed if your child is still having a fever after the medication. Antibiotics are of no use in viral fevers.

Other measures

- Encourage your child to take plenty of fluids.
- Dress your child in light clothing to allow heat exchange.
- Keep the room cool and well-ventilated.

Consult your doctor if your child:

- Is feeding poorly, vomiting or lethargic.
- Is very young, especially less than 3 months old.
- · Has difficulty breathing.
- Is drowsy.
- Appears sicker.
- · Has decreased urine output.
- Has new symptoms like abdominal pain or rash.