

## Oral Medication: Tablets/capsules

1. Wash hands and child's hands.
2. Pour tablets or capsules into a medicine cup, the lid of the bottle, or a small paper cup or paper towel.
3. For toddlers: Tell child to pick up the medicine themselves and put it in his or her mouth.
4. For infants: Cut, crush, sprinkle, or mix medicine (ONLY if directed to do so). Avoid cutting tablets. Ask parent/guardian to do this. Mix medicine with 1 teaspoon of liquid or soft food like applesauce or pudding, if approved by a health care professional.
5. If you have to put medicine directly into a child's mouth, you may want to put on disposable gloves so you do not transfer germs. Hand washing before and after is sufficient, however. Dispose of the gloves, if used, after each use.
6. Wash hands and document medication administration.

