

CHILDREN AND
YOUNG PEOPLE



CHILD-FOCUSED HEALTHCARE

Discharge
medication information

BMI HEALTHCARE

We hope the information in this leaflet will help you to prepare for your child's discharge from hospital.

Our aim is for your child to be discharged as smoothly and efficiently as possible.



BEFORE YOUR CHILD GOES HOME, IMPORTANT QUESTIONS TO ASK

When your child is ready to be discharged from hospital you may find that they will need painkillers to take home. It is important that you discuss the following with the nurse:

- What discomfort to expect and how long it should last
- Who you can contact if you have any concerns about your child's pain or medication
- When the medication should be taken (and whether before, with or after food) and the exact amounts.

It is important that these points are clear to you before your child leaves hospital.

Remember to continue your child's relaxation or any other exercises you have been shown to help them cope with any pain or discomfort.

Please take all medication as prescribed and do not exceed the stated dose. Further supplies may be obtained from your GP.

AT HOME

Do not be alarmed if your child has a fretful first night at home. They may experience disturbances in their sleep pattern and toilet habits for a day or two. Continue with pain relief as advised.

A nurse will call you at home 24-48 hours after your child's operation to check on their progress and give further advice if required.

TYPES OF PAINKILLERS

Frequently used painkillers

Paracetamol is recommended for use for mild pain.

Anti-inflammatories

Inflammation causes pain. Certain painkillers work by reducing the amount of inflammation in your body, for example, Ibuprofen.



BMI

Franklin 
THE HOSPITAL
Brenda Clark

on TV

DISCHARGE MEDICATION

Pain relief:

Paracetamol / calpol _____ ml/tablet 4-6 hourly

Maximum _____ in 24 hours

Last dose given in hospital _____

Ibuprofen / Nurofen _____ ml/tablet 8 hourly

Maximum _____ in 24 hours

Last dose given in hospital _____

Antibiotic:

_____ ml/tablet _____ hourly

Suggested medication times:

Paracetamol / calpol: *Breakfast, lunch, dinner and bedtime*

Ibuprofen / Nurofen: *Breakfast, early afternoon and bedtime*

Antibiotic: *Breakfast, early afternoon and bedtime*

Any other prescription

YOUR LOCAL BMI HEALTHCARE HOSPITAL