

Reconstituting medicine at home

This leaflet is for parents or carers whose child requires medicine for a short period of time and it explains how to reconstitute the bottle of medicine you have been given. Reconstituting means to mix water with a powder to produce a liquid.

Why have I been given medicine to make up at home?

Your child requires medicine for a length of time which the nurse or doctor will tell you (this will also be on the medicine label). When this medicine is mixed with water, it has a short expiry date and which will not cover the total course of treatment required for your child. To complete the course of treatment, you will need to reconstitute the bottle at home.

How do I make up the medicine?

If you have been given a bottle of the medicine which has been made up for you, use that one first. When it finishes, or expires (whichever comes first), make up the next bottle following the instructions on the bottle.

Instructions

- You will need to boil tap water and let it cool to room temperature.
- Shake the bottle containing the medicine gently, to loosen the powder.
- Using the measuring syringe provided, draw up the volume of water required (which is stated on the bottle), and squeeze it into the bottle.
- Shake the bottle until all the powder has dispersed.
- Check the bottom of the bottle to ensure no powder remains.

Once the bottle has been reconstituted, it will have a short expiry date and it may need to be stored in the fridge. Check the label on the bottle for the expiry date and whether it has any storage requirements.

Complete the course as instructed. If there is any medicine left over, discard it. You can do this by taking it to your local pharmacy.

What if I am unable to make up the medicine?

If you are unable to make up the medicine, let the nurse or doctor know. You may be provided with a prescription for the remaining medicine that you can collect from your local pharmacy (chemist).

Contacting us

If you require any further advice, please contact:

Kempton Day Bed Unit: 0118 322 7512 / 8754 (Mon-Fri 7am-7pm)

Lion/Dolphin Wards: 0118 322 7519 / 8075 (outside of these hours)

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Paediatric Unit, November 2022.

Next review due: November 2024