



A guide to...

Pain Relief (analgesia)

Patient Information

Children's Emergency Department (CED)
Watford General Hospital



This leaflet provides advice about pain relief (commonly paracetamol and ibuprofen) that your child may require to manage their condition at home.

What pain relief can I give my child?

The clinician will advise you at discharge about the medication that may be required, and when you had last doses in our department.

Generally we advise that you purchase paracetamol and /or ibuprofen; available over the counter depending on age* - always follow dosage recommendations on the packaging.

*Paracetamol is available for those over two months of age and ibuprofen to those over three months of age over the counter.

Paracetamol and Ibuprofen

Paracetamol and ibuprofen are medicines used to relieve mild to moderate pain, and can also reduce the height of fever.

NOTE: it is no longer advised that you give medication with the sole purpose of reducing fever, rather that you give it to treat the symptoms that can be associated and cause discomfort.

When should I give medicine?

- If your child needs relief from pain through the day or night. Always follow the dosage instructions provided with the medicine to ensure they do not receive too much — this can be very dangerous otherwise.
- Your child has a raised temperature that is causing discomfort due to associated side effects (please see temperature leaflet for description of usual side effects).

You can use both of these medications at the same time, as long as you are following the dosage instructions on the packaging.

Do NOT give ibuprofen on an empty stomach — this can cause irritation to the stomach lining and in some instances, cause

Where can I get it from?

Both paracetamol and ibuprofen are available over the counter from pharmacies, supermarkets and most garages / local convenience shops.

We do not routinely give this as a prescription to take home where it can be purchased.

Preparations

Paracetamol is available in liquid suspension, dissolvable, fastmelt, tablet or suppository form. It comes in different strengths so always check what you are purchasing and follow the packet instructions.

Ibuprofen is generally available in both liquid and tablet form, again there are different strengths so ensure you check and follow the packet instructions.

As soon as your child is able to swallow tablets, it is a good idea to help them learn how, see [Teaching your child to swallow tablets](#). Not only is this an essential life skill, tablets contain less sugar and are less sticky!

When should it start working?

Your child's symptoms should start to improve after 45-60 minutes.

What if my child is sick?

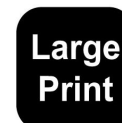
If your child is sick less than 30 minutes after having a dose of their medicine, give them the same dose again.

If your child is sick more than 30 minutes after having a dose, **do not** give them another dose. Wait until the next one would be due.

Where can I find out more information?

The medication will have a patient information leaflet in the packet for you to read. Alternatively, you can speak to your local pharmacist who will be happy to help.

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westherts.pals.nhs.uk**



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